

BANGOR HIGH SCHOOL WIAA DIVISION 3 SECTIONAL TRACK & FIELD MEET THURSDAY, MAY 26, 2016

LOCATION: Bangor High School, 700 10th Avenue South, Bangor, WI

TIME: Coaches Meeting 3:00pm H.S. Gymnasium
3:30pm-Field Events
4:15pm-Running Events

ENTRIES: *Top 4 individuals and relay winners from Boscobel, Cochrane-Fountain City, Cuba City, and Luther Regionals*

Preliminary heat sheets and final results (live) will be posted on <http://www accuracetimeing.com>

ADVANCEMENT: Trials in the 100m Dash, 100/110m High Hurdles and 200m Dash.

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or “Christmas tree” spikes please. Also, please do not use athletic tape on track or field event areas. Chalk will be provided.

SCORING: Standard Scoring. Top 8 Individuals Will Score (10-8-6-5-4-3-2-1) and Top 8 Relays (10-8-6-5-4-3-2-1). Medals will be given to the top 4 individual and relay finishers. Team Plaques to Boys & Girls Sectional Champions

STARTING HEIGHTS:

	High Jump	Boys - WBD	Girls - WBD
	Pole Vault	Boys - WBD	Girls - WBD

SHOT PUT: Girls first until completion with Boys to Follow 3 Throws (Top 9 to finals – 3 throws)

DISCUS: Boys first until completion with Girls to follow 3 Throws (Top 9 to finals – 3 throws)

POLE VAULT: Boys first until completion with Girls to follow

HIGH JUMP: Girls first until completion with Boys to follow

LONG JUMP: Girls First 3:30-5:00 Finals 5:15 Followed by Boys 6:30-8:00 - 3 Jumps (Top 9 to Finals – 3 Jumps)

TRIPLE JUMP: Boys First 3:30-5:00 Finals 5:15 Followed by Girls 6:30-8:00 - 3 Jumps (Top 9 to Finals – 3 Jumps)

AWARDS: Medals will be given to the Top 4 individual and relay finishers. Team Plaques to Boys & Girls Sectional Champions

TEAM AREAS: Please set up camps outside the stadiums fenced area, grass area alongside the high school.

ADMISSION & CONCESSIONS: \$5-Adults & Students / Children 6 & Under free;
Programs-\$2; Concessions will be available on site.

BANGOR HIGH SCHOOL
WIAA DIVISION 3 SECTIONAL
THURSDAY, MAY 26, 2016
ORDER OF EVENTS

3:30pm All Field Events

Shot Put:	3 Throws-(Top 9 to Finals)	2 Flight Prelim – Finals-Reverse Order
Discus:	3 Throws-(Top 9 to Finals)	2 Flight Prelim – Finals-Reverse Order
Triple Jump:	3 Jumps-(Top 9 to Finals) Boys Prelims 3:30-5:00 Finals 5:15	Prelims-Cafeteria Style – Finals-Reverse Order Girls 6:30-8:00 Finals 8:15
Long Jump:	3 Jumps-(Top 9 to Finals) Girls Prelims 3:30-5:00 Finals 5:15	Prelims-Cafeteria Style – Finals-Reverse Order Boys Prelims 6:30-8:00 Finals 8:15
High Jump Starting Height —Will Be Determined	Girls First with Boys to Follow We will use the “five active” procedure.	
Pole Vault Starting Height —Will Be Determined	Boys First with Girls to Follow We will use the “five active” procedure.	

4:15 PM All Running Events

3200M Relay	800M Relay
100M Dash Trials	400M Dash
100/110M Hurdles Trials	400M Relay
200M Dash Trials	300M Intermediate Hurdles
15 Minute Break	800M Run
100/ 110M High Hurdles	200M Dash
100M Dash	3200M Run
1600M Run	1600M Relay

Schedule: We will not follow a definitive time schedule. The field events will attempt to adhere to the set time schedule. Trials will be strictly adhered to but finals may run a little longer. There will be a set twenty minute warmup period following the completion of finals for all field event participants.

Relays: Schools will be assigned to help with relay exchange zones.

Meet Officials:

Starter – Tim Lee
Starter – Mark Dahl
Field Referee – Steve Berg
Meet Referee – Andre Casabonne

Jury of Appeals:

Deb Schaefer – Melrose-Mindoro
Paul Raley – Benton/Scales Mound/Shullsburg
Tim Lee - Starter
Kevin Kravik - Meet Manager

Questions Contact Kevin Kravik @ kevkravik@bangorsd.net - (608)797-5375 or Josh Chaplin @ jchaplin@bangorsd.net - (608)486-5200