

**BANGOR HIGH SCHOOL  
WIAA DIVISION 3 SECTIONAL  
TRACK & FIELD MEET  
THURSDAY, MAY 25, 2017**

*The W.I.A.A. and Bangor High School welcome you to the Division 3 Sectional Track Meet! We are once again excited to host this great event and wish all competitors the best of luck. The Top 4 finishers in each event will be advancing to the W.I.A.A. State Track Meet on June 2-3 at Veterans Memorial Stadium at the University of Wisconsin-La Crosse.*

*For everyone's enjoyment, we ask that you display good sportsmanship by positive encouragement and recognition for all of our athletes' performances, coaches' hard work, as well as judges' and officials' decisions today.*

*The infield is a restricted area. Only high jump participants and current race participants are allowed inside the track during their competition. Only coaches and athletes with passes will be allowed in field event restricted areas. For the safety of the athletes, coaches, and officials, we request you stay in the designated spectator areas.*

*Concessions are available by the press box area. Sectional t-shirts will be available for purchase inside the school for \$15 and can be personalized with names and events! Rest rooms are also located inside the high school. Portable restrooms will be located near the shot put area and the discus area. Portable restrooms by the start line are for athletes only. NO Spikes in school! PLEASE!*

*I would like to personally thank all of our coaches, workers, and volunteers who are helping put on this meet. Without your help, this meet would not be possible. I would also like to thank all of the families and fans in attendance for your support and enthusiasm for the athletes and this great sport of track and field.*

*Enjoy the competition!*

*Kevin M. Kravik*

*Kevin Kravik – Bangor High School Athletic Director*

# WIAA DIVISION 3 SECTIONAL TRACK & FIELD MEET THURSDAY, MAY 25, 2017

**LOCATION:** Bangor High School, 700 10<sup>th</sup> Avenue South, Bangor, WI

**TIME:** Implement Weigh-In 2:30 – 3:15pm-Red Shed (West End)  
Coaches Meeting 3:00pm-H.S. Gymnasiums  
3:30pm-Field Events  
4:15pm-Running Events

**ENTRIES:** *Top 4 individuals and relay winners from Boscobel, Cuba City, Luther and Royall Regionals*  
Preliminary heat sheets and final results (live) will be posted on <http://www accuracetime.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 25, 2017**  
**ORDER OF EVENTS**

**3:30pm All Field Events**

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

**4:15 PM All Running Events**

<b>1200M Relay</b>	<b>800M Relay</b>
<b>100M Dash Trials</b>	<b>400M Dash</b>
<b>100/110M Hurdles Trials</b>	<b>400M Relay</b>
<b>200M Dash Trials</b>	<b>300M Intermediate Hurdles</b>
<b>15 Minute Break</b>	<b>800M Run</b>
<b>100/ 110M High Hurdles</b>	<b>200M Dash</b>
<b>100M Dash</b>	<b>3200M Run</b>
<b>1600M Run</b>	<b>1600M Relay</b>

**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 – Andre Casabonne  
Starter – Mark Dahl  
Field Referee – Karl Bisek  
Meet Referee – Tim Lee

**Jury of Appeals:**

Andrew Graff – Alma/Pepin  
Paul Raley – Benton/Scales Mound/Shullsburg  
Tim Lee – Meet Referee  
Kevin Kravik - Meet Manager

Questions Contact Kevin Kravik @ [kevkravik@bangorsd.net](mailto:kevkravik@bangorsd.net) - (608)797-5375