

2015 REGIONAL TRACK AND FIELD  
MEET  
MAY 26th, 2015

To: Track Coaches & Athletic Directors;  
Beloit Memorial, Fort Atkinson, Janesville Craig, Janesville Parker, Madison La Follette, Milton,  
Oregon, Stoughton, Verona Area  
From: Mel Dow Athletic Director- Stoughton High School  
Date: May 11, 2015  
Re: 2015 Regional Track and Field Meet

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**Date:** Tuesday, May 26th, 2015

**Location:** Stoughton High School Track

**Time:** Track is open for warm-ups at 3:15 PM

**Coaches meeting** at 3:45 at the finish line (NW corner of the track)

**Admission - \$5.00**

**Field events start** at 4:15

**Running Events start** at 5:00

**Roster:** Enter your rosters on-line @ PTTIMING.com.

**Maximum Entries:** One entry per relay

28 individual entries for boys

28 individual entries for girls

**Team Scoring:** 8 places will be scored for individual events and relays. 10-8-6-5-4-3-2-1

**Clerk Of Course** will be located at the northeast side of the track.

**Meet Referee:** Doug Anderson

**Jury of Appeals:** Mel Dow, Tom Mueller (official), Steve Surprenant (official), Joff Pedretti (Verona boys coach), Dennis Schwedrsky (Fort Atkinson girls coach)

**Clerk of Course:** Jim Keeney/Dan LaRedick

**Shot & Discus:** Inspection & weighing of implements will be done in the shed, adjacent to the concession stand

**Start Blocks:** Will be provided.

**Pole Vault:** Please have your verification sheets available at the coaches meeting

**Concessions:** Available on site

**Regional T-Shirts:** Will be sold on site

**Restrooms:** Available on site

**Restricted Area:** There will be a flagged warmup area in the infield for coaches and athletes. No cheering from that area. Areas of the infield outside the flagged area are restricted to meet management and officials. There will be coaches boxes either flagged or painted in the grass at all field events.

***“Set up camp on top of hillside on either side of the press box.”***

**Buses:** Please enter the Lincoln Ave. Parking lot (see map) and drop off athletes in the assigned area.

**Surface:** Throwing areas – concrete

Track and runways – Seal flex rubberized surface, only 1/4” pyramid spikes are allowed

**Entry Forms:**

\*All entries must be completed on-line to PT Timing by 11:59pm on Thursday, May 21st. If, you have any question or problems, please contact Meet Manager.

\* Schools submitting forms after the deadline date will be permitted to compete but will not receive consideration for seeds, lanes, heats, sections, etc.

**Meet Manager:** Mel Dow (608-877-5621) (work).

# WIAA REGIONAL TRACK & FIELD CHAMPIONSHIPS

## Tuesday, May 26th, 2015

3:00 p.m. – Stadium opens for warm-ups

3:15 p.m. - 4:15 p.m. – Coaches and athletes may check-in implements (Discus and Shots used in Tuesday's competition)

3:45 p.m. – Coaches may pick up team envelopes at the coaches meeting.

### 4:10 p.m. – Opening Ceremonies

#### Division 1 - Regional Schedule

##### Field Events

4:15 p.m. – Shot Put – **Girls (Boys to follow girls)**, (3 attempts in Prelims, 9 best to the finals)

4:15 p.m. – Discus – **Boys (Girls to follow)**, (3 attempts in Prelims, 9 best to the finals)

4:15 p.m. – Long Jump – **Girls (Boys to follow girls)**, (3 attempts in Prelims, 9 best to the finals)

4:15 p.m. – Triple Jump – **Boys (Girls to follow boys)**, (3 attempts in Prelims, 9 best to the finals)

4:15 p.m. – High Jump – **Girls (Boys to follow girls)**

4:15 p.m. – Pole Vault – **Boys (Girls to follow boys)**

Wheelchair Shot Put competes with the appropriate gender.

**Note: Warm-ups** – (a) the final 20 minutes of the general warm-up are exclusively for athletes in the first flight, (b) 15 minutes of warm-ups between flights, and (c) 10 minutes of warm-ups between trials and finals.

Warm ups should be on the infield in the flagged area.

#### All Running events Start At 5:00 p.m.

There is no precise time schedule. The competition will proceed as indicated in the order of events.

400 Meter Coed Wheelchair

3200 Meter Relay (Girls)

3200 Meter Relay (Boys)

100 Meter Dash (Girls) (trials)

100 Meter Dash (Boys) (trials)

100 Meter High Hurdles (Girls) (trials)

110 Meter High Hurdles (Boys) (trials)

200 Meter Dash (Girls) (trials)

200 Meter Dash (Boys) (trials)

#### Break – 15 minutes

800 Meter Coed Wheelchair (conducted during break – all divisions)

100 Meter High Hurdles (Girls)

110 Meter High Hurdles (Boys)

100 Meter Dash (Girls)

100 Meter Coed Wheelchair

100 Meter Dash (Boys)

1600 Meter Run (Girls)

1600 Meter Run (Boys)

800 Meter Relay (Girls)

800 Meter Relay (Boys)

400 Meter Dash (Girls)

400 Meter Dash (Boys)

400 Meter Relay (Girls)

400 Meter Relay (Boys)

300 Meter Low Hurdles (Girls)

300 Meter Intermediate Hurdles (Boys)

800 Meter Run (Girls)

800 Meter Run (Boys)

200 Meter Dash (Girls)

200 Meter Dash (Boys)

3200 Meter Run (Girls)

3200 Meter Run (Boys)

1600 Meter Relay (Girls)

1600 Meter Relay (Boys)

1600 Meter Coed Wheelchair

## **SPORTSMANSHIP VERIFICATION FORM**

“Good Sportsmanship” is a priority of the WIAA. Actions or words that demean opposing athletes, teams, spectators, and officials are not in accordance with the high ideals of interscholastic athletics and will not be tolerated.

**The athletes competing today recognize that judgment calls are made in good faith and that they must abide by the decision of the officials. Everyone is requested to take personal responsibility for keeping a high level of “Good Sportsmanship” during this meet. Let this meet reflect mutual respect and appropriate conduct.**

**“GOOD LUCK” TO ALL COMPETING ATHLETES!**

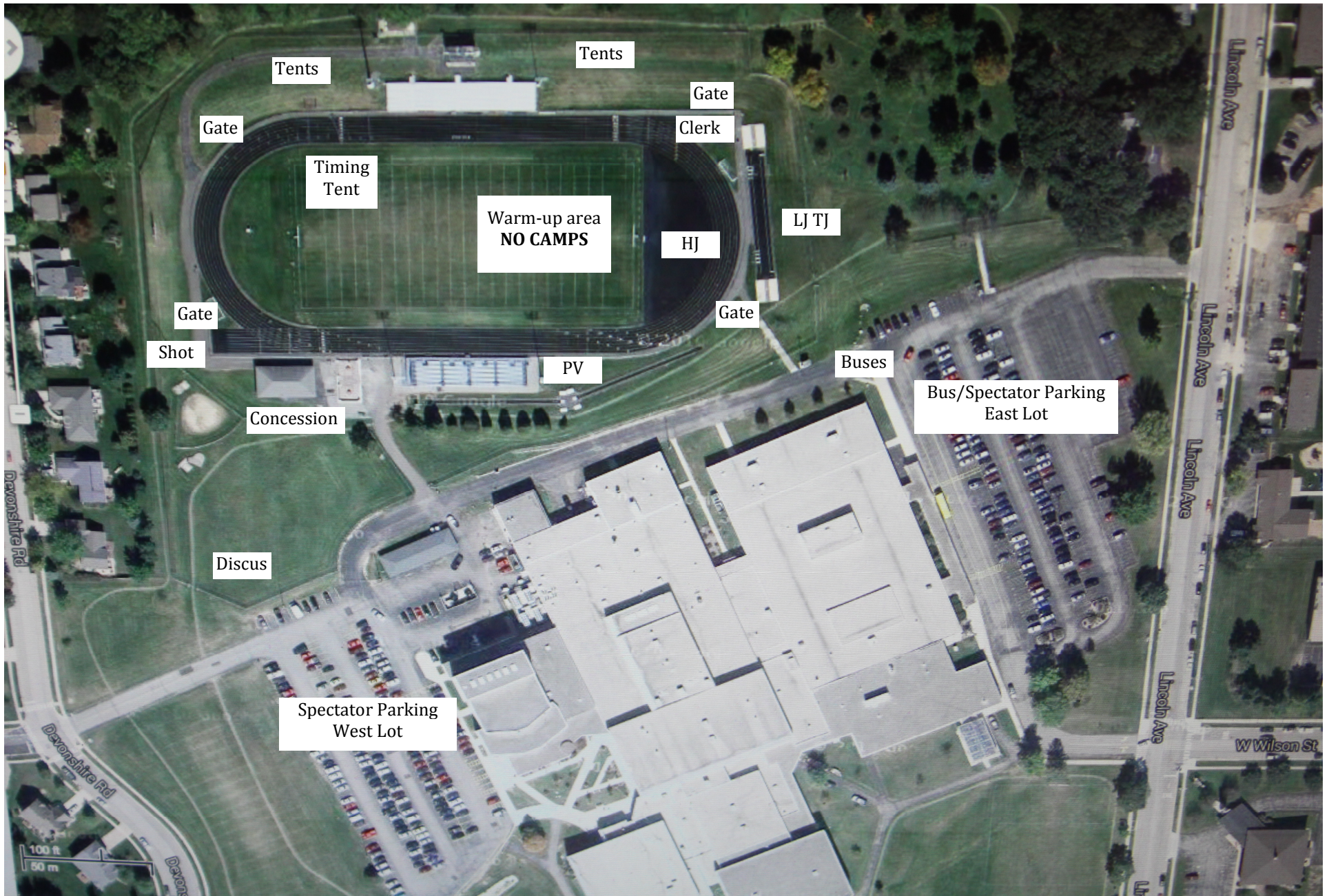
**Coaches,**

**Sign below and return form to designated area to certify to the meet referee that all your athletes competing in today’s meet are in compliance with all National Federation and WIAA rules/regulations regarding: being properly attired in legal uniforms, the use of legal equipment, and are not wearing any prohibited jewelry.**

**Coaches Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

**School: \_\_\_\_\_**

**Boys/Girls/Both**  
**(Please circle one)**



Tents

Tents

Gate

Gate

Clerk

Timing Tent

Warm-up area  
NO CAMPS

HJ

LJ TJ

Gate

Gate

Shot

PV

Buses

Bus/Spectator Parking  
East Lot

Concession

Discus

Spectator Parking  
West Lot

Devonshire Rd

Lincoln Ave

Lincoln Ave

Lincoln Ave

Lincoln Ave

W Wilson St

100 ft  
50 m