



# Wisconsin Interscholastic Athletic Association DIVISION II REGIONAL MEET

Hosted by Viroqua High School  
100 Blackhawk Drive  
Viroqua, WI 54665

**MONDAY, May 21, 2018 (Rain date: May 22)**

## VIROQUA REGIONAL

Adams-Friendship, Aquinas, Gale-Etrick-Trempealeau, Mauston, Viroqua/Youth Initiative,  
West Salem, Westby, Westfield Area, Wisconsin Dells

**ENTRIES:** Entries will be made online at <http://www.pttiming.com>. Entry information is available on the WIAA School Center Site. Entry deadline is 8:00am on Friday, May 18<sup>th</sup>. Coaches are reminded to review tournament procedures in the Spring Sports Regulations Handbook.

### FACILITY:

- 8-lane Seal-Flex track located next to Johnson Street.
- Shot and discus pads are located north of track.
- High jump located in the infield.
- All other field events located within the fenced area on the east side of the track.
- 1/4" pyramid spikes allowed for the track, approaches, and runways. Flats only on pads.
- **Bus Drivers-** Please **enter** West Decker Street from Hwy 14 & 16. Buses then enter Blackhawk drive (in front of high school), drive south, and then park on the north side of parking lot. This will allow proximity for athletes in the event of inclement weather. (See the map)
- **Coaching boxes will be provided.** Only athletes competing allowed on infield.
- Athletic trainer will be on south-end of infield near finish line.
- Concessions will be available on the grounds.
- Tent area will be to the north of the track and field parking lot (toward the high school).
- Spectators: Admission = \$5 (no charge for children under 5).

### MEET MANAGEMENT:

- Jury of Appeals includes (Mauston)--boys, (West Salem)--girls, Eric Anderson (Meet Manager), and WIAA starters. [Alternates: (Aquinas) and (GET)]
- Meet officials: Todd Camlek, Tim Lee, Craig Poshepny
- Plaques for first place boys and girls teams will be distributed at the conclusion of the meet.
- Live results provided at [www accuracetiming.com](http://www accuracetiming.com). Results will be provided at the conclusion of the meet on the north side of concession stand. You can also find those results at [www accuracetiming.com](http://www accuracetiming.com)
- Scratches can be made at Coaches' Meeting.
- Coaches' meeting at **3:30pm- North Side of Concession.**
- Please fax your pole vault weight verification form to Viroqua High School by Monday, May 21, Noon. The FAX number (608) 637-8034. (Phone at fax location (608) 637-1606)

### FIELD EVENTS:

- Field events begin at **4:00pm** with the girls starting in Long Jump, High Jump, and Shot Put, and boys starting in Pole Vault, Triple Jump, and Discus.
- We will have flights in Shot Put and Discus events with the top 9 qualifying for finals.
- **Long jump and Triple jump prelims. will be cafeteria style by gender for 1 ½hrs, then finals.**
- We'll run a "five alive" continuing flight procedure for High Jump and Pole Vault.
- Warm-up throws and run-throughs are allowed before the start of competition as long as the field event judge is present. Warm-up throws and run-throughs are allowed between flights for 10 minutes. After trials have been completed, another 10 minutes of warm-up throws or run-throughs are allowed before finals begin.
- If a competitor needs to compete in another event, he/she must notify the field event judge before leaving, and then is allowed 15 minutes to report back to conclude his/her competition.
- Please become familiar with the information detailed in the WIAA Track and Field Regional & Sectional document on [www.wiaawi.org](http://www.wiaawi.org) for more field event procedures.

### RUNNING EVENTS:

- Running events begin at **4:45pm** with the 4x800m relay finals, followed by the trials of the 100m dash, 100/110m high hurdles, and 200m dash. After a 15 minute break, finals will begin with the 100/110m high hurdles.
- Athletes are encouraged to report to the Clerk of Course before the second call. We will not wait for athletes to check in after the third call has been made.
- There will be starting blocks available. If you bring your own, they need to be meet rubber track specifications.
- Please become familiar with the information detailed in the WIAA Track and Field Regional & Sectional document on [www.wiaawi.org](http://www.wiaawi.org) for more running event procedures.
- **Exchange Zones Responsibilities**

<b>4x200 Relay</b> Red-Red-Yellow	<b>Exchange Zones 1 &amp; 3</b> Lanes 1-4 Viroqua Lanes 5-8 Adams-Friendship	<b>Exchange Zone 2</b> Lanes 1-8 Viroqua	
	<b>Exchange Zone 1</b>	<b>Exchange Zone 2</b>	<b>Exchange Zone 3</b>
<b>4x100 Relay</b> All Yellow	<u>Incoming</u> Lanes 1-4 Aquinas Lanes 5-8 GET	<u>Incoming</u> Lanes 1-4 Mauston Lanes 5-8 West Salem	<u>Incoming</u> Lanes 1-4 Westby Lanes 5-8 WI Dells
	<u>Outgoing</u> Lanes 1-4 Adams-Friendship Lanes 5-8 Viroqua	<u>Outgoing</u> Lanes 1-8 Viroqua (2)	<u>Outgoing</u> Lanes 1-8 Viroqua (2)

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### CONTACT INFORMATION:

\*\*Please call: Eric Anderson, 608-606-4977 OR Karen Diehl, 608-606-5312

### TOURNAMENT SERIES TRACK INFORMATION:

<http://www.wiaawi.org/schoolcenter/track/tourneyinfo.pdf>

**Thanks, and we look forward to seeing you on Monday, May 21th!**

### *EXPECTED TIMES FOR REGIONAL MEET*

**4:00 Field Events Begin** (We will run ahead of schedule when possible.)

Girls Shot Put followed by Boys Shot Put

**Approximately 1hour 45 minutes**

Boys Discus followed by Girls Discus  
Girls Long Jump followed by Boys Long Jump  
Boys Triple Jump followed by Girls Triple Jump  
Girls High Jump then Boys High Jump  
Pole Vault Boys then Girls to follow

**to do field events except high jump  
and pole vault.**

4:45 Girls 4 x 800 M Relay  
5:00 Boys 4 x 800 M Relay  
5:15 Girls 100 M Trials  
5:20 Boys 100 M Trials  
5:25 Girls 100 M High Hurdle Trials (only if more than 8 entries)  
5:35 Boys 110 M High Hurdle Trials (only if more than 8 entries)  
5:45 Girls 200 M Trials  
5:50 Boys 200 M Trials

15 minute break

6:05 **National Anthem**

6:05 Finals

6:05 Girls 100 M High Hurdle Finals  
6:10 Boys 110 M High Hurdle Finals  
6:15 Girls 100 M Dash  
6:20 Boys 100 M Dash  
6:25 Girls 1600 M Run  
6:40 Boys 1600 M Run  
6:55 Girls 4x200 M Relay  
7:00 Boys 4x200 M Relay  
7:05 Girls 400 M Dash  
7:10 Boys 400 M Dash  
7:15 Girls 4x100 M Relay  
7:20 Boys 4X100 M Relay  
7:30 Girls 300 M Hurdles  
7:40 Boys 300 M Hurdles  
7:50 Girls 800 M Run  
8:00 Boys 800 M Run  
8:10 Girls 200 M Dash  
8:15 Boys 200 M Dash  
8:20 Girls 3200 M Run  
8:35 Boys 3200 M Run  
8:50 Girls 4x400 M Relay  
9:00 Boys 4x400 M Relay

9:05 Team Scores Announced – Plaques

9:15 Official results can be viewed at [www accuracetimeing.com](http://www accuracetimeing.com)

**Coaches - We will run ahead of time!**