



BANGOR HIGH SCHOOL WIAA DIVISION 3 SECTIONAL TRACK & FIELD MEET FRIDAY, MAY 30th, 2025

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

TIME: 1:45pm Facilities Open for Schools
2:30pm Implement Weigh-Ins
2:45pm Coaches Meeting-H.S. Gymnasium
3:27pm National Anthem
3:30pm Field Events
4:15pm Running Events

ENTRIES: *Top 4 individuals and relay winners from Mondovi, Kickapoo/La Farge, Luther, and Black Hawk Regionals*

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

PARKING: Buses should enter from the west and drop off at the track. Parking will be by the Bangor Village Park after dropping off athletes and coaches (see attached map). **DO NOT ENTER FROM THE EAST.** There will be a shuttle driving at the start and end of the meet for bus drivers back to the track. Buses may not park in front of the high school entrance. Schools bringing district vans may park by the yellow shed near the track (see attached map). Parking in front of the MS/HS is reserved for Handicapped, Meet Personnel, and Officials Parking.

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

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: 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: Coed Wheelchair First Followed by Girls Until Completion with Boys to Follow
3 Throws (Top 9 to Finals – 3 Throws Reverse Order)

DISCUS: Boys First Until Completion with Girls to Follow
3 Throws (Top 9 to Finals – 3 Throws Reverse Order)

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 Approximant Time Schedule

3 Jumps (Top 9 to Finals – 3 Jumps Reverse Order)

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

AWARDS: Medals will be given to the Top 4 Individual and Relay Finishers. Individual and relay awards will be presented during the meet. Team Plaques to Boys & Girls Sectional Champions. Team Awards will be presented after the conclusion of the meet.

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

ATHLETIC TRAINERS: Athletic trainers will be provided by Gundersen Health System located by the finish line.

ADMISSION & CONCESSIONS: Students & Adults-\$7; 6 & Under-\$1; Programs-\$3; Athletes competing athletes will have free admission (team uniform will be considered their admission band). Teams will be provided four complementary coaches passes (1 Head Coach & 3 Assistants). Lanyard passes will be provided and required for coaches to be restricted areas/coaching boxes. All others must pay admission. Concessions will be available on site. Sectional t-shirts will be provided indoors near the MS/HS Office.

BANGOR HIGH SCHOOL WIAA DIVISION 3 SECTIONAL FRIDAY, MAY 30th, 2025

ORDER OF EVENTS

1:45pm High School & Track Open for Teams

2:30pm Implement Weigh-Ins in HS Cafeteria

2:45pm Coaches Meeting

3:27pm National Anthem

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) Prelims-Cafeteria Style – Finals-Reverse Order
Boys Prelims 3:30-5:00 Finals 5:15 Girls 6:30-8:00 Finals 8:15
Approximant time schedule

Long Jump: **3 Jumps**-(Top 9 to Finals) Prelims-Cafeteria Style – Finals-Reverse Order
Girls Prelims 3:30-5:00 Finals 5:15 Boys Prelims 6:30-8:00 Finals 8:15
Approximant time schedule

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

1600M Coed Wheelchair
3200M Relay
100M Dash Trials
100/110M Hurdles Trials
 15 Minute Break
110/100M Hurdles Finals
100M Coed Wheelchair
100M Dash Finals
1600M Run
800M Relay

400M Coed Wheelchair
400M Dash
400M Relay
300M Intermediate Hurdles
 800M Run
800M Coed Wheelchair
200M Dash
3200M 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

Meet Referee-Steve Berg-#971181
Starter-Tim Lee-#700251
Starter-Karl Bisek-#202405
Field Referee-Chuck Walek-#93405

Jury of Appeals

Dan Rampetsreiter - Meet Manager Bangor High School
Jamie McGuire - Mondovi High School
Chris Yanske - Westby High School
Starter-Tim Lee-#700251
Starter-Karl Bisek-#202405
Greg Schibbelhut (Alternate) - Luther High School
Heidi Maurhoff (Alternate) - Brookwood High School

Questions Contact Dan Rampetsreiter@ drampetseriter@bangorsd.net or Josh Chaplin @ (608) 486-5207 or jchaplin@bangorsd.net