

2100 TRACK & FIELD (BOYS & GIRLS)

2110 Dates/Schedules

- 2111 Earliest Practice Date - March 4, 2024
- 2112 Earliest Meet - March 12, 2024
- 2114 CONFERENCE INDOOR MEETS
Boys' Varsity @ Germantown – Tuesday, April 2, 2024
Girls' Varsity @ Germantown – Wednesday, April 3, 2024
*JV Coed @ Brookfield East - Saturday, April 6, 2024
Boys at 8:00AM/Girls at Noon
- 2115 CONFERENCE RELAYS
Coed @ Menomonee Falls – Wednesday, May 1, 2024
1:30pm Field Events; 4:00pm Running Events
Raindate - Thursday, May 2, 2024
- 2116 CONFERENCE OUTDOOR
Coed Varsity @ Wauwatosa East – Tuesday, May 14, 2024
1:30pm Field Events; 3:30pm Running Events
Raindate – Wednesday, May 15, 2024
Coed JV @ Wauwatosa West – Saturday, May 11, 2024 (Time TBD)
- 2117 WIAA MEETS
Regional – Monday, May 20, 2024
Sectional – Thursday, May 23, 2024
State – Friday, May 31 & Saturday, June 1, 2024
- 2118 END OF SEASON MEETING – Wednesday, June 5, 2024
- 2119 Whenever it is practical the scheduling of GMC meets will follow the guidelines below.

Teams hosting GMC Events should meet to discuss workers for GMC Events to avoid duplication of assignments.

Boys Varsity Indoor—Fourth Tuesday of the season

Girls Varsity Indoor—Fourth Wednesday of the season

JV Indoor—Saturday after the Varsity meets. Boys will compete first in even numbered years and girls first in odd numbered years.

Relay Meet—Wednesday two weeks prior to the Conference meet

Varsity Conference—Tuesday prior to the WIAA Regional

JV Conference— Saturday prior to the Varsity Conference meet

2120 Regulations

- 2121 Track & Field will be governed by the rules and regulations of the sport listed in the WIAA Handbook and Spring Sports regulations except as stated in these By-Laws.
- 2122 Juniors and Seniors who compete at the JV Meet may not compete at the Varsity Meet. Freshmen and sophomores may compete at the JV and Varsity Meets, and are restricted to 4 events. The events must be alternating. If they compete in a running event at the JV Meet, they can only compete in a Field Event at the Varsity Meet. If they compete in a field event at the JV meet, they can only compete in a running event at the Varsity meet. If an athlete is in violation of this rule, that athlete will be disqualified from the second meet.

2130 Contest Guidelines

- 2131 Regardless of circumstances, any late entries will not be seeded for any of our GMC meets (Indoor Varsity and JV, Relays, Outdoor Varsity and JV).
- Entries for the GMC meets should be submitted online. Entry times should be submitted as actual FAT times if available. Appropriate adjustments should be made to account for the track length where efforts occurred. If times are not available an estimate with a .24 conversion must be submitted. Names for the relays including alternates should be submitted with entries. Final changes in the relays will be allowed at the pre-meet meeting. If possible, tournament hosts should provide lists of relay entries for the seed meeting and only require coaches to submit changes and confirm entries at the seed meeting. If names cannot be submitted online, the host school will provide a faxable form to be used for relay names. **If a time cannot be substantiated by meet results, a “NO TIME” will be given for seeding purposes.**
- 2132 Each school will be allowed to have three (3) competitors in each event and one (1) relay team per event. An athlete is limited to four (4) events per WIAA Rules.
- 2133 A Varsity athlete may be scratched and replaced in GMC Meets but may NOT be scratched and moved to another event.
- 2134 **SCORING**
Individual Events: Eight place scoring will be used. Field Event Relays need 1 entry to score in the GMC Relay Meet.
(10-8-6-5-4-3-2-1)
- Relays (Including Conference Relay Meets): Eight place scoring will be used.
(10-8-6-5-4-3-2-1)

Order of Events:

Running Events - Indoor

1600M Co-Ed Wheel Chair
55 M HH TRIALS (6 to Finals @ Germantown)
55 M DASH TRIALS (6 to Finals @ Germantown)
55 M IH/LH TRIALS (6 to Finals @ Germantown)
3200 M RELAY
55 M HH FINALS
55M Co-Ed Wheel Chair
55 M DASH FINALS
1600 M RUN
6 LAP RELAY
400M Co-Ed Wheel Chair
400 M DASH
4 LAP RELAY
55 M IH/LH FINALS (Will be run in 2 heats of three)
800 M RUN
800M Co-Ed Wheel Chair
200 M DASH
3200 M RUN
1600 M RELAY

Field Events – Indoor (JV meet will be run the same format other than shot where they will have 4 throws no finals.)

Long and Triple Jump – 4 jumps no finals
Shot Put – 3 Throws and then top 9 to finals with an additional 3 throws.
High Jump – 5 alive rotation will be used in the varsity meet*
Pole Vault – 5 alive rotation will be used in the varsity meet *

Indoor:

Pole Vault – Two increments below the 8th seed
High Jump – Two increments below the 8th seed
Flights in Shot Put will be seeded.

- 2136 The Conference Relay Meet will be held on Wednesday two weeks prior to the Conference Outdoor Meet. Pole Vault will begin at 1:30 PM, other field events will begin at 2:30 PM, running events will begin at 4:00 PM. Entries for the Conference relay meet must include names of individual competitors. There will be no limit to scratches and replacements on the day of the Conference Relay meet.

Order of Events - Conference Relays

DISTANCE MEDLEY RELAY - Girls (1200-400-800-1600)
 DISTANCE MEDLEY RELAY - Boys (1200-400-800-1600)
 300 M HH SHUTTLE – Girls (finish is at the common finish line)
 330 M HH SHUTTLE - Boys
 400 M RELAY - Girls
 400 M RELAY – Boys
 15 minute break
 6400 M RELAY – Girls (Seed Two Heats Slow/Fast)
 6400 M RELAY – Boys* (Seed Two Heats Slow/Fast)
 800M MEDLEY RELAY-Girls (100-100-200-400)
 800 M MEDLEY RELAY-Boys (100-100-200-400)
 900 M LH - Girls
 900 M IH - Boys
 800 M RELAY - Girls
 800 M RELAY - Boys
 3200 M RELAY - Girls
 3200 M RELAY - Boys
 1600 M RELAY - Girls
 1600 M RELAY - Boys

Field Events - Conference Relays (3 Athletes)

Relay Field Event Rotations	Even Numbered Years	Odd Numbered Years	Start Times
Pole Vault See Height Sequences	Follow WIAA State Rotations	Follow WIAA State Rotations	1:30
Shot Put Four throws NO FINALS see draw	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30 Format 1-1-1-1
Discus Four throws NO FINALS see draw	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30 Format 1-1-1-1
High Jump See Height Sequences	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30
Long Jump Open pit—4 jumps— Jumper may piggy-back jumps 2 and 4	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30
Triple Jump Open pit—4 jumps— Jumper may piggy-back jumps 2 and 4	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30

High Jump Height Sequences

<u>GIRLS</u>	<u>BOYS</u>
4'0"	5'0"
4'3"	5'3"
4'6"	5'6"
4'8"	5'8"
4'10"	5'10"

Pole Vault Height Sequences

<u>GIRLS</u>	<u>BOYS</u>
6'	8'6"
7'	9'6"
8'	10'6"
8'6"	11'

Ties in any of the eight (8) places in the high jump and pole vault will be broken by total team misses. Ties in other field events will not be broken.

Conference Outdoor

2137 The Conference Outdoor will be held on the Tuesday prior to the WIAA Regional. Pole Vault will begin at 1:30 PM, all other field events will begin at 2:30 PM. There should be 45 minutes warm-up between genders in pole vault. Running events will begin at 3:30 PM.

Order of Events - Outdoor**Running Events - Girls First, Boys Second**

1600M Co-Ed Wheel Chair
 3200 M RELAY
 100 M - TRIALS
 100 M HH - TRIALS
 110 M HH - TRIALS
 20 min. BREAK
 HH – FINALS
 100M Co-Ed Wheel Chair
 100 M DASH - FINALS
 1600 M RUN
 800 M RELAY
 400 M Co-Ed Wheel Chair
 400 M DASH
 400 M RELAY
 300 M LH - Girls
 300 M IH - Boys
 800 M RUN
 800 M Co-Ed Wheel Chair
 200 M DASH
 3200 M RUN
 1600 M RELAY

Wheel Chair Shot Put competes with the appropriate gender.

Field Events – Outdoor

Outdoor Field Event Rotations	Even Numbered Years	Odd Numbered Years	Start Times
Pole Vault Vaulters will utilize the 5 alive rotation	Follow WIAA State Rotations Starting height will be set at two increments below the 8 th seed	Follow WIAA State Rotations Starting height is will be set at two increments below the 8 th seed	1:30
Shot Put Seeded event—3 throws in trials—top 9 to finals—3 throws in reverse order	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30
Discus Seeded event—3 throws in trials—top 9 to finals—3 throws in reverse order	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30
High Jump Height must be increased in 2” increments	Follow WIAA State Rotations Starting Height is 5’4”	Follow WIAA State Rotations Starting Height is 4’0”	2:30
Long Jump Open pit—3 jumps—Jumper may piggy-back—Top 9 to finals—3 jumps in reverse order--no piggy-back	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30
Triple Jump Open pit—3 jumps—Jumper may piggy-back—Top 9 to finals—3 jumps in reverse order--no piggy-back	Follow WIAA State Rotations	Follow WIAA State Rotations	2:30

*JV Outdoor will follow the same rotations for field events as the Varsity meet. Starting heights for the JV meet will be set by the coaches at the coaches' meeting. JV meet will have four jumps and four throws with no finals in the long jump, triple jump, shot and discus.

2138 All Varsity Conference Meets shall be run on an eight-lane track. Rotation of meets between schools with eight-lane tracks.

2140 Awards

2141 A Championship Bar will be awarded to the Indoor, Relay and Outdoor Champions.

2142 Conference Medals will be awarded first to third in all events (individual and relays) for the indoor, relays and outdoor meets.

- 2142.5 Ribbons will be awarded first to third in all events for the JV indoor and outdoor meets.
- 2143 All Conference selections shall be based solely on the Conference Meet.
- 2144 Scholar Athlete Awards will be given to all junior and senior athletes with a GPA above 3.5.
- 2145 “Athlete of the Year” Award will be selected by a vote of the GMC coaches at the end of season meeting.
- 1-Each school may nominate one athlete per team.
 - 2-Coaches may vote for their own athlete.
 - 3-Girls’ coaches vote for Girl AOY and Boys’ coaches vote for Boy AOY.
 - 4-Coaches must bring eight copies of nomination form to distribute to other GMC coaches.
- 2145.1 There will be no ties for “Athlete of the Year.” Coaches will have three tried to break ties. If they are unable to break the tie for “Athlete of the Year,” the Athletic Directors will break the tie and determine the “Athlete of the Year.”
- 2146 Rotation to host GMC Meets
- Indoor: Germantown Varsity Boys and Girls
 - Indoor: Brookfield East JV Boys and Girls
 - Relays: Menomonee Falls 2024, Wauwatosa East 2025, Wauwatosa West 2026
 - Outdoor Varsity: Wauwatosa East 2024, Wauwatosa West 2025, West Allis Hale 2026
 - Outdoor JV: Wauwatosa West 2024, West Allis Nathan Hale 2025, Brookfield Central 2026