Track and Field Championship

Winnebago Lutheran Academy

May 3, 2019

Lutheran Invitational Track Meet

Winnebago Lutheran Academy

Friday, May 3, 2019

We are honored to serve you at Winnebago Lutheran Academy. It is our goal to provide all participants and coaches a Christian atmosphere of competition and fellowship. To HIM be the glory!

Date and Time:

Friday, May 3, 2019
Field Events: 4:00 pm
Running Events: 4:30
Location: winnebago Lutheran Academy, 475 E. Merrill Ave.

Coaches' Meeting:

A coaches meeting will be held at 3:30 near the flagpole at the south side of the track. Scratches, starting heights, and meet procedures will be discussed at this time.

Team Registration:

Entries will be made on www.athletic.net. Please, submit **entries by 11:59 pm on Wednesday, May 1st.** Two entries are allowed for each event. In addition, four wild card entries may be used for individual events. There is a limit of three entries per event. Individual athletes are limited to four entries per NFHS/WIAA rules.

Facilities:

WLA has a 6 lane , Flex-Seal Track
Long Jump, Triple Jump, pole Vault, and high jump surfaces are also Flex-Seal
⅛ Spikes are allowed

Running Events:

Runners should check in on the NW end of the track. The exception is for the 200m and 300 hurdles which will be clerked at the start of the individual race.
Hip numbers are available in the track shed located in the NW corner of the track. All individual athletes should place the number on the left hip. Only the anchor in a relay will need a hip tag.
One relay per team
Prelims: 100/110hh and 100m Dash

- In prelims, athletes will be seeded in using typical criteria based on time.
- The top 9 times for these events will run in the finals
- Two heats will be run with the slowest 3 times from prelims in the first heat, and the fastest 6 times in the second.

Relays:

- The top 5 seeded teams will be placed in the fast heat. (please be as accurate as possible with seed times)

- Remaining teams will be placed in the slow heat.

The 200m will be run as a final.

Field Events:

High Jump/Pole Vault

- High Jump height will be determined as 8th best minus 2 inches.
- Pole Vault will be 8th best minus 6 inches
- WIAA rules will apply.
- Pole Vault Verification forms are required

Long/Triple Jump

- Athletes will be give 3 attempts in the prelims and 3 attempts in the finals.
- All preliminary attempts must be conducted in the time allowed.
- The top 9 will advance to finals.
- 15 minutes will be given from the completion of prelims to the beginning of finals.
- Finals will be conducted in reverse order of performance.

Shot Put/Discus

- Shots and discs will not be weighed.
- Preliminaries will be conducted in flights of no less than 5.
- 10 minutes of warm-up will be given before each flight
- THree throws will be given in prelims and finals.
- Top 9 will advance to finals conducted in reverse order.
- 15 minutes will be given from the announcement of finals to the beginning of finals.

Check-In/Out:

Athletes must check in prior to the start of the event. Athletes must check out with the event judge and notify when they have returned. Athletes have 15 minutes from the time their name is called to complete to return to competition. Coaches or fellow athletes may not check in/out for any member of their team.

Scoring:

Relay and Individual events will be scored eight places (10-8-6-5-4-3-2-1). Cumulative scores will be announced throughout the meet.

Individual and Team Awards:

The top three individual performers in each event will receive medals. A traveling trophy will be awarded to the top boys' and girls' teams.

Timing and Results:

A HUGE thank-you to KML for timing the event. Results of final events will be read throughout the meet. All results will be uploaded to www.athletic.net at the conclusion of the meet.

Entry Fee:

The Entry fee is $150 per school. Please, either send the check ahead of time, or bring it to the meet. Checks can be made out to "Winnebago Lutheran Academy."

School Assignments:

Schools are NOT responsible for running individual events. We would ask that schools have one individual ready to help in an individual event in case there is a need. However, each school is responsible for a relay exchange.

800m Relay:

Exchange 1: WLA and LPS

400m Relay:

Exchange 1: Lakeside and Manitowoc
Exchange 2: Northland and KML
Exchange 3: Shoreland and Fox Valley

Athlete Drop Off and Bus Parking:

Buses should enter the west parking lot and drop off Athletes near the track north of the school. Buses should park in the furthest East parking lot (see attached map for details).

Team Camps:

Team tents may be set up in the grassy areas outside of the fence and to the east of the main entrance to the track. (See map for details)

Admission for Spectators:

None. We want our families to enjoy the competition, fun, and fellowship.

Concessions:

THe WLA Booster Club will provide concessions. The concession stand is located south of the track, near the entrance for the restrooms.

Athletic Trainer:

An athletic trainer from Agnesian will be available near the flagpole, located at the southwest portion of the track, on the infield.

LIT T-Shirts Available:08

This year, we will have LIT t-shirts available for athletes, coaches, and parents to order. Coaches, please send out the order form attached with this email, with your athletes. We would ask that you collect the the order forms and payments. Please, send the final numbers of shirts along with sizes to sjaeger@wlavikings.org by Tuesday, APril 19th to ensure your t-shirts. The cost is $11.00 per shirt. Extra t-shirts may be available at the meet.

Questions?

For questions regarding the meet, please contact WLA Head Coach, Seth Jaeger, at 920-579-2297, or email at sjaeger@wlavikings.org.

Lutheran Invitational Track Meet Schedule

Friday, May 3, 2019

2:45 pm Facilities are open.

3:30 pm Coaches Meeting near the flagpole (SW corner of infield)

3:55 pm Warm-up ends, final instructions are given.

3:57 pm National Anthem

4:00 pm Field Events Begin

Girls High Jump
Boys Pole Vault
Girls Shot Put
Boys Discus

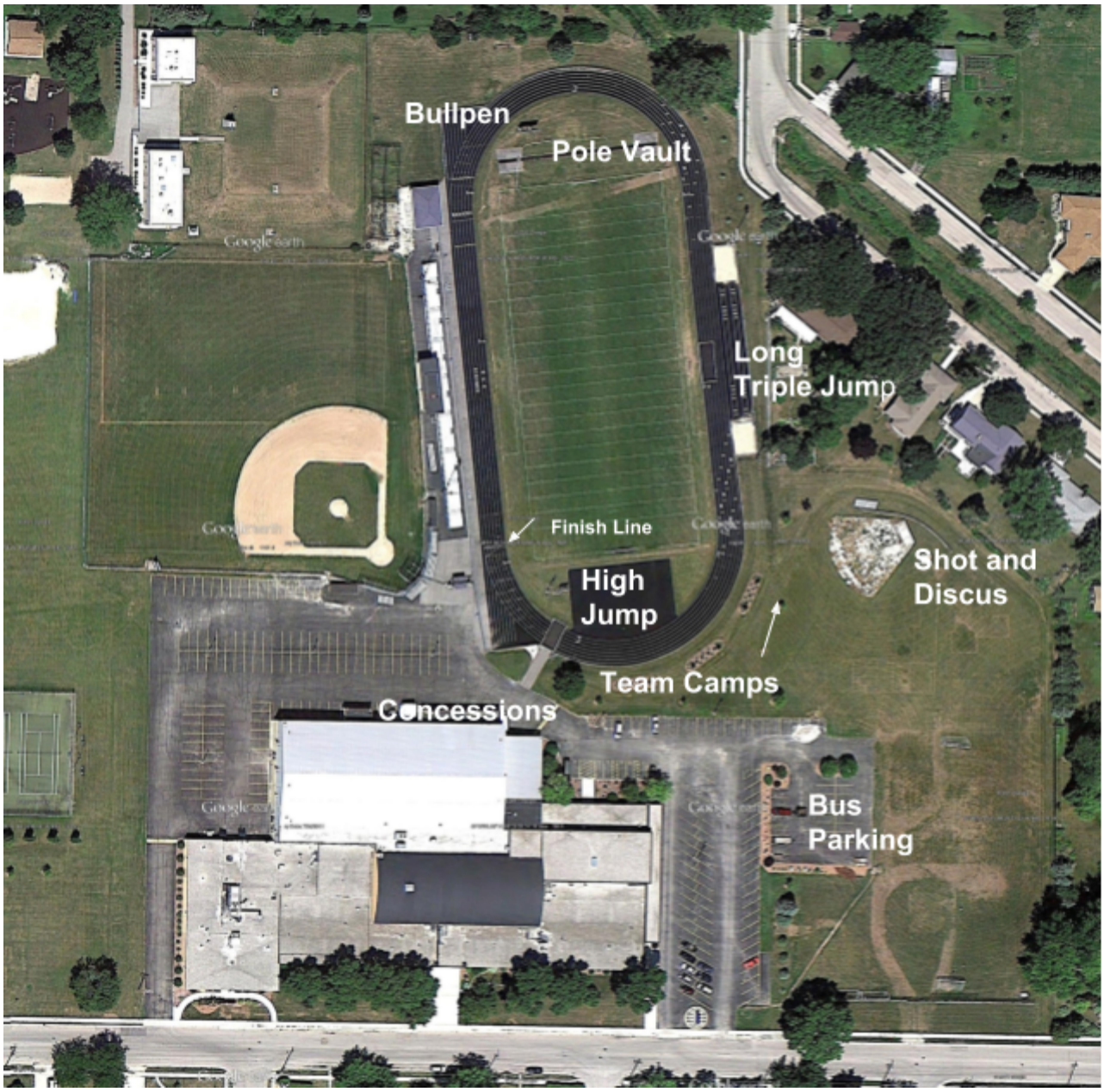
Girls Long Jump- Prelims 4:00-4:45, Finals to follow
Boys Triple Jump- Prelims 4:00-4:45, Finals to follow

Boys Long/Girls Triple- 45 min with finals to follow

4:30 pm Running Events- All running events will run girls then boys

3200m Relay
100m Dash- Prelims
110m hurdles boys- Prelims
100m hurdles girls- Prelims

15 Minute Break

100m hurdles girls- Finals
110m hurdles boys- Finals
100m dash- Finals
1600m Run
800m Relay- Exchange Zone 1: WLA and LPS
400m Dash
400m Relay- Exchange Zones 1: LLHS & MLHS
300m Hurdles 2:Northland & KML
800m Run 3. SLHS & FVL
200m Dash
3200m Run
1600m Relay

WLA Track and Field Map