



Washington County Track & Field Invitational

At Kettle Moraine Lutheran High School

Tuesday, April 23rd, 2024, 4:00pm

Schools Participating: Germantown, Hartford, Kettle Moraine Lutheran, Kewaskum, Living Word, Slinger, West Bend East, West Bend West

Meet Information: Entry Fee: \$250 Payable to Kettle Moraine Lutheran (fee covers both gender teams);

→ **Athlete Registration/Participation Limits:**

- ◆ All athletes will be allowed to compete in no more than 4 events (with at least one being a field event or one being a running event).
- ◆ A max of 3 entries per individual event/ 1 relay team per relay event contested, will be allowed.
- ◆ The meet will be open for entries on Athletic.net on Wednesday, April 17th, at 8:00am. All entries must be submitted on Athletic.net by **Sunday, April 21st, by 11:59pm.**
- ◆ We will run prelims and finals for the 100/110HH and for the 100M dash (subject to change if two full heats are not met for a given event).

**Heat winners + top times advance to finals (to fill 8 lanes)*

→ **Meet Scoring:** Individual Events 10-8-6-5-4-3-2-1/ Relays 10-8-6-5-4-3-2-1

→ **Coaches' Meeting/Meet Duties:**

- ◆ A coaches' meeting will take place at 3:15 PM outside the pressbox.
- ◆ Upon arrival please make any **scratches** on the event participant sheets.
 - At this time no other entry changes will be permitted, **only scratches.**
 - Field event scratches are to be relayed to the event judge.
- ◆ Please see the order of events page for relay exchange zone help that is needed.
- ◆ The jury of appeals will consist of the Hartford boys head coach and the Slinger girls head coach, both WIAA officials, and the KML meet manager.

→ **Meet Equipment:**

- ◆ Please bring your own implements and batons. Blocks will be provided.
- ◆ There will be no weigh-ins of implements at the meet. Coaches are responsible for ensuring that all implements are legal for competition.

→ **Hip Numbers/Check-In/Out Procedures:**

- ◆ Athletes should first get hip numbers at the location designated on the map (N end of track under the scoreboard, at the KML tent).
- ◆ Athletes should next check-in with the clerk of course no later than the 2nd call of that event.
- ◆ Athletes must check-in at field event locations prior to the beginning of competition for their event (not flight).
- ◆ Athletes must check-out with the event judge before leaving the event.
 - Judges will record departure times and enforce a strict 15 minute time limit starting at their next opportunity for an event.
 - Athletes should return to competition as soon as they arrive.
- ◆ Athletes qualifying for running event finals are reminded to get new hip #'s/check-in again for finals
**Heat winners + top times advance to finals (to fill 8 lanes)*

→ **Horizontal Jumps/Throws:**

- ◆ Four attempts/No finals;
- ◆ LJ/TJ are open pit (One hour- see order of events for more info.), with "piggy backing" allowed for (to 3rd in line, for 2nd/4th jump only).
- ◆ Shot and disc prelims will be run in flights of no less than five athletes.
 - Four attempts/No finals;

- Throws will be 1-1-1-1 format.
- About 10 minutes of warm-up time will be provided prior to each flight beginning competition.

→ **High Jump:**

- ◆ Opening heights are set according to WIAA tournament procedures (top eight seeds, down two heights) and will be announced at the coaches meeting.
- ◆ The “five alive/active” procedure will be used.
- ◆ Judges will enforce the 15 minute check-out rule and pass over participants past their return time.
- ◆ Two pits will be used concurrently (boys- N pit, girls- S pit)

→ **Pole Vault:**

- ◆ The pole vault competition will take place at HUHS on **Monday, April 22nd, at 4pm.**
- ◆ Starting heights will be determined at the coaches’ meeting (3:15pm).
- ◆ Official: Patrick Pretty

→ **Meet Results/Awards:**

- ◆ This meet will have LIVE results via *live.athletic.net*.
- ◆ Final results will be posted to Athletic.net after the meet.
- ◆ Medals will be awarded for 1st-3rd place in all individual events, and 1st place finishes in all relay events.

→ **Track Information/Team Camps:**

- ◆ The KML track is an 8-lane rubberized track. ¼ inch spikes are allowed. The long jump/triple jump/shot/discus areas are located south of the track. Please see the facility site map on page 5 for more information.
- ◆ Team camps are allowed in the grass area between the HJ apron and the LJ/TJ pits.
- ◆ The track infield can be used for athletes warming up for their events. Spectators are not permitted in the infield. Coaches and athletes must stay back from the finish line and 100m straightaway. Please also stay down on the infield during the 200m dash.

→ **Athletic Trainer:**

- ◆ Medical coverage will be provided by KML’s athletic trainer, Nicole Volkman, LAT, Aurora Sports Health. She will be located on the track, near the finish line.

→ **Concessions/Coaches’ Meal:**

- ◆ A full concession menu will be provided at the stand (near the pressbox) from 4:00pm-7:00pm.
- ◆ All coaches will be provided with a meal coupon for a main menu item, chips, and a drink, compliments of KML.

→ **Admissions:**

- ◆ \$6.00 General Admission (62+ are free);
- ◆ Tickets can be purchased using GoFan (the week of the invite). NO CASH will be accepted.

→ **Meet Officials:**

- ◆ PV @HUHS only- Patrick Pretty
- ◆ @KML only- Nancy Petrowiak, John Klika

Sincerely,



Mr. Joe Greefkes,
 KML Activities Director/Head Track Coach
 Office: 262-677-4051 ext. 4003
 Cell: 262-353-0547
 Email: joe.greefkes@kmlhs.org

Washington County Invite: Order of Events

3:00 Facilities Open (please do NOT arrive before this due to end of school traffic)

3:15 Coaches' Meeting at Finish Line

3:25 Field event warm-ups end, final check-ins and instructions given

3:27 National Anthem

3:30 Field Events Begin

**5 active procedure followed/ "piggybacking" for LJ/TJ (2nd/4th)*

***LJ will be held in the East pit (nearer the SB field)/TJ in the West pit (nearer the track)*

****4 attempts/no finals*

→ Boys (north pit) and Girls (south pit) HJ will be run simultaneously

→ Boys Discus is first- girls follow after completion of event

→ Girls Shot Put is first- boys follow after completion of event

→ Girls LJ and Boys TJ will be first (4:00-5:00pm open pit)

→ Boys LJ and Girls TJ (starts after GLJ/BTJ/20 minute warm up/1 hour open pit)

4:00 Running Events Begin (Girls followed by Boys)

3200m relay

100m dash prelims

100/110m hurdles prelims

**Wheelchair events will be run between the girls and boys timed finals.*

15 minute break

100m/110m hurdles finals

100m dash finals

1600m run

800m relay ***See page 3 for relay zone assignments;**

400m dash

400m relay ***See page 3 for relay zone assignments;**

300m hurdles

800m run

200m dash

3200m* (*may run the boys and girls together*)

1600m relay

Relay Zone Assignments

**Please provide ONE coach from your school to umpire each given assignment.*

4x200M Relay:

Exchange Zone 2	Schools in Charge
<i>Lanes 1-3</i>	<i>Germantown</i>
<i>Lanes 4-5</i>	<i>Hartford</i>
<i>Lanes 6-8</i>	<i>KML</i>
Exchange Zone 4 (+officials)	Schools in Charge
<i>Lanes 1-3</i>	<i>Kewaskum</i>
<i>Lanes 4-5</i>	<i>Living Word</i>
<i>Lanes 6-8</i>	<i>Slinger</i>

4x100M Relay:

Exchange Zone 1	Schools in Charge
<i>Lanes 1-3</i>	<i>West Bend East</i>
<i>Lanes 4-5</i>	<i>West Bend West</i>
<i>Lanes 6-8</i>	<i>Germantown</i>
Exchange Zone 2	Schools in Charge
<i>Lanes 1-3</i>	<i>Hartford</i>
<i>Lanes 4-5</i>	<i>KML</i>
<i>Lanes 6-8</i>	<i>Kewaskum</i>
Exchange Zone 3	Schools in Charge
<i>Lanes 1-3</i>	<i>Living Word</i>
<i>Lanes 4-5</i>	<i>Slinger</i>
<i>Lanes 6-8</i>	<i>West Bend East</i>

KML Sitemap and Facility Notes

- *Buses should drop athletes off at the main entrance roundabout. After dropping athletes off, buses are to park in the gravel parking lot (upper lot).*
- *Spectator parking is in the upper (press box) parking lot and the lower (near SB field) parking lot.*
- *Restrooms are located in the school building (enter near outdoor concessions or the gymnasium entrance) and port-a-johns are available near the jumps area.*
- *Concessions will be available at the outdoor concession's stand (4-7pm).*



**KML's Catalyst Colosseum Track and Field Complex is located at:
3399 Division Road, Jackson, WI, 53037**