

High School Trailways Divisional Meet

Monday, May 12 hosted by Lourdes at UWO Titan Stadium

Volunteers Report to Timing Tent / Finish Line for Equipment and Direction

Track Opens at 4:10pm

Volunteers Arrive by 4:30pm

Field Events 5:00pm Start Time

Running Events 5:00pm Start Time

Clerk

Chad Konop

Check in athletes. Organize athletes into heats. Have athletes ready for next race. Will work with heat sheets coordinator, number helpers, timer, and starter. Ron Vandenhouten is timing. Finish Line attendants are **Lourdes Coaches**. Lourdes will help with starting blocks and running results to the announcers.

Here is the link to the clerk / judge sheets. <https://www.wiaawi.org/Portals/0/PDF/Sports/Track/clerkjudgesheets.pdf>

High Jump

Mark Nielsen - Clerk

Renee Husman - measure & bar help

Starting heights to be determined.

Five Alive is what we will use for the rotation order. See additional attachment.

For bar attendants, the main thing is making sure the athlete goes off one foot and repositioning the bar if it falls. When raising the bar height with the standards make sure you measure from the middle of the bar to the ground each time. The standards can be off a little. We mainly need the 2 adults (coordinator and 1 bar Measurer) the 3rd body can be a younger helper.

Please look at this link for the official WIAA rules of jumping, fouls, and recording. The rules will be taped to the clipboard. Please have the high jump area an athlete and spectator friendly environment. If you feel unsure about something, stay calm and ask a field official to help with the question or issue. Tim will also be available for questionable situations.

Field Guide Link:

<https://www.wiaawi.org/Portals/0/PDF/Sports/Track/clerkjudgesheets.pdf>

Horizontal Jumps
Please Report by 4:40pm for athlete warm-ups
We need at lease one adult present for warm-ups
(Rakers: Remember Garden Gloves)

Long Jump: Clerk, Spot, Measure, Rake
Amy Baehman, Adam Kane, Rob Rucinski, Winchester Family

Triple Long Jump: Clerk, Spotter, Measure, Rake
Ed Gresser, Will Pollack, David Syson

Open Pit: 4 jumps

Please look at this link for the official WIAA rules of horizontal jumping, measuring, fouls, and recording. The rules will be taped to the clipboard.

<https://www.wiaawi.org/Portals/0/PDF/Sports/Track/clerkjudgesheets.pdf>

****NEW** - Can NOT run back from the jump line/board to measure steps - Only run throughs

****Concern** from a previous year:

I did check with the official about measuring a jump when the athlete landed toward the edge of the pit. First of all, the athlete must land in the pit. When the mark is close to the edge of the pit, the tape is read at the foul line closest to that edge, not from the center of the board.

The tape is read at the foul line. Zero is the closest mark the athlete makes to the board to the nearest 1/4 inch.

**CIRCLE LONGEST JUMP FOR EACH ATHLETE,
WHEN FINISHED WITH A GENDER TAKE RESULTS SHEET TO
FINISH LINE FOR ENTERING THE SCORES**

Shot & Disc

Please Report by 4:00pm for athlete warm-ups
We need at least one adult present for warm-ups

Girls Shot & Discus: Clerk: **Molly Moore**
Measure, Spot - **Kristin Stelter, Mackie Stelter, Mary Husman**

Boys Shot & Discus: Clerk: **Jeff Loker**
Measure, Spot **Mike Foster, Susie Loker, Wes Yaggie**

Boy Discus: 1.5kg

Girl Discus: 1kg

Boy Shot: 12#

Girl Shot: 8#

Each thrower will have the opportunity to take 4 throws.

For measuring, the zero mark is the closest mark where the implement lands. The tape is then pulled to the center of the ring and read at the foul line or board closest to the athlete. For discus measure to the nearest lesser inch and shot put to the nearest lesser 1/4 inch. A field official will be making rounds to answer questions.

We like to have one person with the clipboard reading the names and measurement, one person pulling the tape and double checking the measurement reading, and 2 out in the field spotting (only one is needed for shot put in the field).

**CIRCLE LONGEST THROW FOR EACH ATHLETE,
WHEN FINISHED WITH A GENDER TAKE RESULTS SHEET TO
FINISH LINE FOR ENTERING THE SCORES**

Please look at this link for the official WIAA rules of throwing, measuring, fouls, and recording. The rules will be taped to the clipboard. Please have the throwing area an athlete and spectator friendly environment.

Website for the field guide:

<https://www.wiaawi.org/Portals/0/PDF/Sports/Track/clerkjudgesheets.pdf>

Hurdle and Relay Crew
Please Report to Hurdles/Finish Line by 4:30

Hurdle

Lead: **Chris Yaggie**. Volunteers: **Nicole Reitz, Lourdes Parents**

Girls 100m Hurdles Yellow Markings 33" 1 hole up

Boys 110m Hurdles Dark Blue Markings 39" 4 holes up

Girls 300m Hurdles Red Markings 30" all way down

Boys 300m Hurdles Red Markings 36" middle hole

Relay

4x200meter Relay: Exchange 1,3 **Nicole Reitz, Lora Yaggie, Polly Moore**

4x100meter Relay: Exchange 1 **Chris Yaggie, Jared Sanchez**

Exchange 2 **Nicole Reitz, Polly Moore**

Exchange 3 **Lora Yaggie, Andrew Wagner**

4x200m relay

The relay flags will be by the timing tent. Meet on the 200m mark on the track (northeast corner). There is only one exchange zone you will have to worry about during the 4x200m relay. Marshals should be on both the inside and outside of the track looking at the zones.

Basically, the athletes have to exchange the baton in their lane between 2 large triangles. For this relay the 1st exchange is red to red (Black line to Black line for Titan Stadium) - the next exchange is yellow to yellow.

Below is from the NFHS rule book.

*It is the position of the BATON that is decisive; the baton must be within the exchange zone during the exchange. The position of the runners is irrelevant.

*The exchange must be a hand-off the baton cannot be thrown between team members.

*If the baton is dropped within the exchange zone in a genuine attempt to pass (i.e. not thrown), either runner may recover the baton (Rule 5-10-7)

4x100m relay

Divide up and each have 1 of 3 exchange zones. For this exchange all zones are yellow to yellow.