

2025 Middle School Track & Field LA Hosts at UWO

Thursday, May 15 hosted by Lourdes at UWO

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

Field Event Volunteers, Clerk, Announcers report by 3:45pm

3:30pm Facility Opens

3:45pm Coaches Meeting

3:45 Volunteers Report

4:15pm Field Events Start

4:45pm Running Events Start

Clerk

Lourdes

Check in athletes. Organize athletes into heats. Have athletes ready for next race. Will work with heat sheets coordinator (Lourdes), number helpers, timer, and starter. Ron Vandenhouten is timing. Finish Line attendants are Lourdes. 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

St. Ignatius - Clerk

St. Ignatius - 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 4:00pm for athlete warm-ups
We need at least one adult present for warm-ups
(Rakers: Remember Garden Gloves)

Boys Long Jump: Clerk, Spot, Measure, Rake
Xavier

Girls Long Jump: Clerk, Spotter, Measure, Rake
Xavier

Boys Triple Jump: Clerk, Spot, Measure, Rake
Lourdes

Girls Triple Jump: Clerk, Spot, Measure, Rake
Lourdes

Open Pit: 3 jumps no finals

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>

****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.

Little Chute should have the jumping pits ready.

**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**

Discus: **New Hope**
Clerk:
Measure, Spot (2)
Shot Put: **St. John**
Clerk:
Measure, Spot

B&G Discus: 1Kg
Boy Shot: 8#
Girl Shot: 6#

Each thrower will have the opportunity to take 3 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 by 4:30
No trials & finals

Lead: **Lourdes**. Volunteers: 2-4 from each School

4x200meter Relay: Exchange 1&3) **Lourdes** & **Lourdes**; 2) **Lourdes**

4x100meter Relay: Exchange 1) **Lourdes**; 2) **Lourdes**; 3) **Lourdes**

Hurdles: Hurdle height always at the lowest setting and on yellow triangles.

*For warm ups, you or the athletes will set up a few hurdles for both boys and girls in limited outside lanes.

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. **Lourdes** will be there to talk you through the procedure. 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 - 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.