



# *Baraboo Athletics*

Baraboo High School  
1201 Draper St.  
Baraboo, WI 53913  
Phone (608) 355-3945 Fax (608) 355-3962  
Jim Langkamp-Activities Director



## **WIAA Division 1 Regional Track Meet**

**Baraboo High School  
Monday May 20, 2019**

**Participants:** Baraboo, Holmen, LaCrosse Central, LaCrosse Logan, Onalaska, Reedsburg, Sparta, and Tomah

**Event Start Times:** All Field Events 4:00 - Running Events 4:45

**Admission Fees:** \$5.00 for students (K-12) and adults.

**We are honored to serve as host for the 2019 Regional Championships. The following guidelines will lead to success of the meet.**

Restrooms are available at the track, but locker rooms are not available. Teams should come dressed and ready to compete.

¼ inch **pyramid spikes** are allowed on the track and runways. Throwing circles are cement.

Chalk will be provided to all relay zones and jumping venues. Please no tape on track or runways.

Throwing implements will be weighed in at the storage shed that is at the northwest corner of the track (nearest the throwing areas) from 3:15-3:50.

Restricted areas include: track infield, start/finish area, flagged/roped off event areas. Coaches and non-competing athletes need to remain outside the 4 foot perimeter fence to the track.

Coaching boxes will be highlighted in paint, and cones at the field events. Teams can set up camps along the north wall of the high school, and under the west bleachers.

Warm-up area for athletes will be the practice field to the west of the track. Also, the infield on the south curve will be flagged for warm ups. There will be hurdles supplied to that area.

In the 100 meters, high hurdles, and 200 meters 9 will qualify for the finals. Heat winners + the next fastest times. Long jump, Triple jump, Shot put, and Discus will also advance 9 to finals. (3 trials – 3 finals) Reverse order in the field events for the finals.

Athletes have a maximum of 15 minutes from the time they are called until they must make themselves available for the next trial.

**ENTRIES:** Please follow the WIAA instructions for entering your athletes.

A school may enter a maximum of: One entry in each relay event, 28 Individual event entries, maximum of three in any individual event.

An athlete may enter a maximum of four events, but in no more than three running or three field events. Please remember being listed as a substitute on a relay team(s) count as an event.

Coaches – please have your bus drivers drop athletes off in the bus lane on Draper Street, which is adjacent to the track. Please advise your drivers to park on a residential street just east of our athletic complex. Our bus lane has to be completely open from 3:15 until 3:45 for our students departure. Buses can return after that time. Thank you for your cooperation

**Coaches Meeting** will be held at 3:45 in the south corner of the bleachers on the east side of the track. Please have **the most recent** pole vault verification sheet (May 13) available to be turned in at this time.

**Jury of Appeals Committee** will meet at 3:55 in the east press box.

**Jury of Appeals**

Joe Hackbarth - LaCrosse Logan Boys Coach  
Brett Hinkhouse - Reedsburg Girls Coach  
Jim Langkamp – Meet Manager

**Officials**

Starter - Jon Hegge (Evansville)  
Starter - Tom Tenpas (Poynette)  
Field Referee - Marcy Thurwachter (Prairie Du Sac)

**Athletic Trainer** – Cody Brunclik – St. Clare Hospital

Location: Finish line area

If you have any questions, please contact Jim Langkamp - Baraboo Activities Director  
(608) 355-3945 or cell phone: (608) 963-5326

**GOOD LUCK TO ALL TEAMS!**

# REGIONAL TRACK & FIELD MEET SCHEDULE

**3:45** Coaches Meeting SE Corner of bleachers  
**4:00** Boys Pole Vault – followed by Girls Pole Vault  
**4:00** Girls High Jump, Long Jump, and Shot Put – all to completion  
Boys Triple Jump and Discus – all to completion

## **Followed by:**

Girls Discus and Triple Jump – to completion  
Boys Shot Put, High Jump, and Long Jump – to completion

**\*\*All horizontal jumps will have open pit trials for 75 minutes followed by finals in reverse order.**

## **RUNNING EVENTS**

**4:45** Girls 3200 Relay  
Boys 3200 Relay  
Wheelchair - Girls 100 meters  
Girls 100 Dash (trials)  
Boys 100 Dash (trials)  
Girls high hurdles (trials)  
Boys high hurdles (trials)  
Girls 200 Dash (trials)  
Boys 200 Dash (trials)

**\*\*\*\*\* 15 minute break \*\*\*\*\***

Girls high hurdles  
Boys high hurdles  
Girls 100 Dash  
Boys 100 Dash  
Girls 1600 Run  
Boys 1600 Run  
Girls 800 Relay  
Boys 800 Relay  
Girls 400 Dash  
Boys 400 Dash  
Girls 400 Relay  
Boys 400 Relay  
Girls 300 Hurdles  
Boys 300 Hurdles  
Girls 800 Run  
Boys 800 Run  
Girls 200 Dash  
Boys 200 Dash  
Girls 3200 Run  
Boys 3200 Run  
Girls 1600 Relay  
Boys 1600 Relay

Please advise if you have any wheelchair athletes so the running events can be modified