

# 2022 Middle School Track and Field Championship

## UPDATED 5/20/22

Make sure you have a waiver for everyone when checking in. Waiver link is on [adesports.com](https://adesports.com)

All participating coaches/parents will need to present a signed waiver for each participant when picking up your packets on Friday evening and Saturday morning. We will check these off, so please have them in alphabetic order by gender. Depending on your quantity of athlete, please plan an appropriate amount of time if you are picking up on Saturday a.m. Packet pick up is **Friday from 6:00 p.m. to 8:00 p.m. and Saturday from 7:00 a.m. to 9:30 a.m. See site map for packet pick up location.** Pick up is in the High School gym – south end of building. Weigh in of implements will be from 8:00 a.m. to 9:30 a.m. on Saturday in the garage next to the throwing areas.

**DOORS OPEN** for participants / coaches at 8:30 a.m. – THROWERS will be let in by 8:00 for weigh ins and ask that only one individual take the implement(s) to get weighed in.

**SPECTATORS** – gate opens at 9:00 a.m.

The athletes will get a bib number which is their entry into the gates. There will be two free admissions in the packet for coaches per each team packet and one for each unattached entry. **WE WILL NOT HOLD A PACKET FOR LATE ARRIVALS OF ATHLETES/COACHES/PARENTS. YOU WILL NEED TO PICK UP YOUR WHOLE PACKET IN ONE STOP AND ORGANIZE AMONGST YOUR TEAM/FAMILIES TO DISTRIBUTE ACCORDINGLY.**

Events/Order: (We will begin the meet with field events at 10:00 a.m. and running at 11:30 a.m.)

6th – 400 Dash 11:00 a.m.

400 Relay Trials – 11:30 a.m. and then continuous flow.

100 Hurdle Trials

100 Trials

200 Trials

1600 Run

100 Hurdle Finals

6th – 100 Dash

100 Finals

800 relay finals

400 Dash

400 relay finals

800 Run

6th – 200 Dash

200 Dash Finals

1600 Relay

Athletes in field events that are checking out for running events – you will need to take two attempts in your first rotation. You are encouraged to take all three attempts consecutively as well.

Field Events - (3 attempts for each athlete and top 10 to finals. LJ, TJ, SP and Discus will have two flights of 15 in the trials.)

**For jumps and throws – athletes can take attempts in any order of the following orders when their name is called during trials. They can take 1, 2 or all 3 attempts if they wish to. They cannot pass if they have any attempts left. In LJ and TJ – if the athlete takes consecutive jumps, they will piggy back in the line two deep.**

**6<sup>th</sup> Grade – Long Jump will be run following the 7<sup>th</sup>/8<sup>th</sup> grade boys and girls. Each 6<sup>th</sup> grade participant will receive four jumps.**

Long Jump - Girls followed by Boys (2 flights of 15 jumpers that jump in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

Triple Jump - Boys followed by Girls (2 flights of 15 jumpers that jump in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

High Jump – We will plan to use two pits and have both genders begin at 10 a.m.

Pole Vault - Boys followed by Girls

Shot Put – Girls 6 pound shot put first followed by Boys 8 pound shot put (2 flights of 15 throwers that throw in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

Discus - Boys followed by Girls – 1kg/girls size discus (2 flights of 15 throwers that throw in seeded order and top 10 to finals) 10 minutes of warmups between flights and between trials and finals.

We will have 30 minutes between genders at the respective events.

### **COACHING RESTRICTIONS**

No coaches on the infield except during relay exchange zone duties. In the field event areas, we will not have any specific physical barriers in the long/triple jump, pole vault and throwing areas. Please be seated in the bleachers or lawn chair and have the athlete come to you for coaching concerns. We do not want all the coaches blocking the immediate areas of the respective field events so that spectators then cannot see. Be conscientious to your surroundings and LEAVE THE EVENT JUDGES ALONE. No one inside the high jump area as we will be having both genders starting at 10 a.m.

### **RELAY EXCHANGE ZONES**

We will be using the new exchange zones of 30 meters. IF YOU ARE UNFAMILIAR with the 30 meter exchange zone we encourage you to learn of it and utilize it with your team. The new zone eliminates any need to watch the beginning of the exchange zones as well as ultimately eliminating any team from going out of the exchange zone or being disqualified.

STARTING HEIGHT – Boys HJ – 4' 8" and PV – 5'6" Girls HJ – 4'2" and PV – 5'

Each athlete is going to need to bring a signed waiver to the meet to participate. We will have some copies there but would prefer these are all done / signed in advance. A waiver can be found on the [adesports.com](http://adesports.com) website for you to print and make copies of in advance.

**Friday, May 20th** – we will have early check in available at the track and field facility at Waupun HS for you to pick up your numbers and meet info for your athletes from 6 p.m. to 8 p.m. Each athlete will have a pin on number to wear as well as hip number stickers to wear for each respective race. Each packet will have two wristbands for coaches and one wristband for unattached athletes. Additional passes will be sold for \$5 each and can be purchased Friday evening as well.

**Saturday, May 21st** – the gates to field events as well as the track, will be available for warm up to all athletes at 8:30 a.m. If athletes are in the first flight of their respective field event, they will need to check in by 9:15 a.m. and be wearing their respective number to check in and participate.

**Admission - \$5 per person all ages. Please share this info with everyone.** Admission wristbands can be purchased in advance on Friday evening as well from 6 to 8 p.m.

**Uniforms** – If you are coming and representing a team, please wear your school uniforms. If you are unattached but would like to wear your school/club/community uniform, that is fine by us, but you should get clearance from your respective school or it may be better to avoid issues for yourself later. If not wearing a school uniform, we ask that you still dress appropriately for your event.

**Matching uniform tops must be worn for ALL relay events.**

#### **Shot Put and Discus**

We will have implement weigh in at the storage building next to the throwing areas on Saturday morning from 8:00 a.m. to 9:30 a.m. – we will also supply 6 and 8 pound shot puts and discus for the throwers to choose from if they wish to throw a house implement or they do not get theirs weighed prior to the 9:30 a.m. deadline. Please bring and use your personal implements this year. We can provide some for individuals whose shots or discs do not weigh in properly. Take care in advance to check and make sure your implements are legal so there is no disappointment on the day of the meet.

**Pole Vault** poles will be checked in prior to each gender beginning and will need to be checked in prior to warming up and competition. All athletes must have this checked and ready to perform 30 minutes prior to the event start. Please bring a pole vault verification form for your vaulters as well to the meet. This will need to be turned in at check in of your respective event as well as presenting your pole.

#### **Batons**

PLEASE provide your own batons for warm ups

#### **Starting Heights**

Once entries have been established – we will begin at a height four inches below the 10<sup>th</sup> best performance in the high jump and 18” below the 10<sup>th</sup> best performance in the pole vault.

#### **Starting Blocks**

Blocks will be provided. We simply ask that athletes who are using them know how to use them. If they are not used to them, please don't feel pressured to use them because someone in the next lane is. Be good at whatever you are going to do to assist everyone with efficient starts and heat organization.

### **Race Starts**

If there are any false starts – we will have no disqualification on the first false start. The athlete will receive a warning and be able to participate. We want to make this a positive experience and learning experience as well. A second false start by the same athlete will result in a DQ.

### **Awards**

Top six individuals and relay team members will receive a custom Wisconsin MS State Meet medal. Again, to keep things moving and not overextend on time – we will plan to announce all award winners and have an established area to pick up/receive the award. The future will hold a more ceremonial type of awards, but we would rather work on staffing/managing what we can do well and keep things flowing than to over do it at these early stages.

**6<sup>th</sup> Grade** awards are the top four individuals per each gender.

### **Results**

Live results will be available on adesports.com that day. A smart phone/personal device will be able to see a running clock as well as watch the results get picked live as we time the event. Results will also be posted for viewing as well as posted on athletic.net afterward and a pdf copy will be posted on adesports.com.

### **SPORTSMANSHIP**

Please keep your emotions in check. If you feel the urge to argue a scratch or foul etc. – you will be welcome to hold the clipboard and manage the event. Please do not argue / harass a meet volunteer or worker. This is for and about the kids not the adults.

### **Volunteers for Relays**

I could use volunteers for the relay exchange zones. (Regardless of if you have a team entered – you may be more suited for it if you have no team in the race) If you or someone that is knowledgeable would help us with this we could use your time during the two 400 relay races (trials and finals). Please respond to me and let me know that you are willing, and your name/school/contact and I will establish a list and assign you a zone so we are all organized.

Respond to [kevin@adetiming.com](mailto:kevin@adetiming.com) if you can do an exchange zone.

### **Trainer**

We will have a trainer on hand and available for assistance beginning at 9:30 a.m. If you anticipate any ankle taping, please be prepared to provide tape for the trainer. We will have some ice available but please travel with your own if you anticipate the need for any one of your athletes.

### **Weather**

If we were to experience any dangerous weather, individuals will need to shelter in vehicles/buses as we will not have access to the school.

**T-shirts will be sold for \$20**

**Concessions**

Waupun HS Track and Field Team will provide concessions.

If you have questions, important ones, please contact me via email at [kevin@adetime.com](mailto:kevin@adetime.com). I am busy with work/life as well as this but will try to respond. Please be patient and take no offense if you do not get a timely response. However, I realize I may have missed something or things and feel free to bring this to my attention.