

Wisconsin Track Coaches Association (WISTCA)
Freshman Open State Meet
Saturday June 8, 2019
@ Mukwonago High School

The purpose of this open freshman meet is to provide an opportunity for any interested Wisconsin freshmen boys and girls to compete at a state wide level of competition with their grade level peers and to promote track & field to the class of 2022.

Pertinent Information for freshman athletes, parents and coaches.

1. This meet is sponsored by the Wisconsin Track Coaches Association and this meet is NOT on any high school schedules because this meet happens after the end of the designated WIAA high school track season, which ends at the WIAA State Meet in Lacrosse, WI.
This meet does NOT count as a meet for your respective high school.
2. This meet is open to any interested Wisconsin high school freshmen athletes. Participants must be a freshmen during the 2018-2019 school year. No other grade levels of students are allowed to participate.
3. **Registration should be completed by the parents/athletes through Athletic.net.** Coaches can assist athletes in registration but parents/athletes should pay when they register online. **REGISTRATION CLOSES ON TUESDAY JUNE 4TH.**
4. Entry limits & costs: There is a four event maximum entry limit per athlete. If an athlete is in a relay, the relay counts toward the four event maximum limit. There is a \$5.00 registration fee and a \$5.00 per event fee. Example: One event cost \$5.00 registration fee plus \$5.00 for the event = \$10.00. Two events is \$5.00 registration fee plus \$10.00 for two events = \$15.00. Three events is \$5.00 registration fee plus \$5.00 for three events = \$20.00. Four events is \$5.00 registration fee plus \$5.00 per event = \$25.00
5. Athletes are allowed to use equipment from their respective schools.
6. If your high school ends the 2018-2019 school year before June 8th, coaches may coach their athletes, but this day must count toward their maximum of the five summer coach/athlete contact days allowed by WIAA rules & regulations. If your high school has ended their school year before June 8th, then athletes can wear their school uniform.
7. If your high school has NOT ended the 2018-2019 school year before June 8th, coaches may not have any coaching contact with their athletes at this meet. You can attend and spectate as desired.
8. All freshmen will compete in one division.
9. There is no team score.
10. Medals will be awarded through 8 places.
11. Contact person for this meet:
Geoff Steinbach 262-719-5080 (geoffsteinbach@gmail.com)

Wisconsin Track Coaches Association (WISTCA)

Inaugural Freshman Open State Meet

Mukwonago High School

605 W Veterans' Way

Mukwonago, Wisconsin 53149

Meet Information and time schedule

7:30 am: Registration and check in opens

8:00 am: Weighing in of throwing implements at Mukwonago Throws shed by Discus.

Pole certification will start at the pole vault event site.

Jumpers and vaulters can begin setting marks

9:00 am: Track opens for general warm-up period & setting relay exchange marks

10:00 am: Field events start:

1) Boys' shot put followed by Girls' shot put

2) Girls' discus followed by Boys' discus

3) Boys' long jump on East runway followed by Boys' triple jump

4) Girls' long jump on West runway followed by Girls' triple jump

5) Boys' high jump

6) Girls' high jump

7) Boys' pole vault

8) Girls' pole vault

10:00 am: All running events are timed finals.

Girls' 3200 meter relay

Boys' 3200 meter relay

Girls' 100 Meter High Hurdles

Boys' 110 Meter High Hurdles

Girls' 100 Meter Dash

Boys' 100 Meter Dash

Girls' 1600 Meter Run

Boys' 1600 Meter Run

Girls' 4 X 200 Meter Relay

Boys' 4 X 200 Meter Relay

Girls' 400 Meter Dash

Boys' 400 Meter Dash

Girls' 4 X 100 Meter Relay

Boys' 4 X 100 Meter Relay

Girls' 800 Meter Run

Boys' 800 Meter Run

Girls' 300 Meter Low Hurdles

Boys' 300 Meter Intermediate Hurdles

Girls' 200 Meter Dash

Boys' 200 Meter Dash

Girls' 3200 Meter Run

Boys' 3200 Meter Run

Girls' 4 X 400 Meter Relay

Boys' 4 X 400 Meter Relay

[PARENT/ATHLETE REGISTRATION ON LINE AT ATHLETIC.NET](http://ATHLETIC.NET)

UNIFORM RULES AND COACH CONTACT RULES:

Some athletes will be able to wear their respective school uniforms and some cannot. All coaches must follow the WIAA Rules and Regulations governing out of season and summer contact days. If your school has NOT YET ended their 2018-2019 school year on or before June 8th you CANNOT WEAR your school's uniform and your COACH CANNOT coach you at this meet. If your school has ended their 2018-2019 school year on or before June 8th, athletes CAN wear the school uniform and coaches can coach the athletes, as long as this day is counted toward the maximum of five summer contact days allowed before July 31st.

Regardless of when your school ends its school year, Athletes are allowed to use school equipment at this meet. i.e., shots, discs, measuring tapes, poles, batons, starting blocks, etc.

General field event information:

- 1) Throwing events:**
3 throws in the trials flights with the top 9 throwers advancing to the finals with 3 more throws.
- 2) Horizontal jumps:**
3 jumps in the trials flights with the top 9 jumpers advancing to the finals with 3 more jumps.
- 3) High Jump:**
Starting height will be determined according to the entries, just as we do in the WIAA state meet series. We will use the five alive format of jumping.
- 4) Pole Vault:**
Starting height will be determined according to the entries, just as we do in the WIAA state meet series. We will use the five alive format of jumping.

Running Events:

- 1) All running events will be timed finals. There will NOT be trials heats and then finals.**
- 2) Relay team members must wear same uniforms or similar colored uniforms.**
We realize that some athletes might be able to wear school uniforms and some might not, depending on when your respective school ends their school year.

Awards:

- 1) Medals will be awarded for the top 8 places in each event.**
- 2) Medals will be presented throughout the meet at the awards stand at the 50 yard line adjacent to the spectator bleachers.**

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