**Wisconsin Track Coaches Association (WISTCA)**

**Freshman Open State Meet**

**Wednesday June 30, 2021**

**@ Arrowhead 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 2024.**

**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. 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 2020-2021 school year. No other grade levels of students are allowed to participate. This meet is open only to Wisconsin students.**
3. **Registration should be completed by coaches or parents/athletes through wi.milesplit.com. Coaches can assist athletes in registration but parents/athletes should pay when they register online.**

**REGISTRATION CLOSES at 8:00 PM ON MONDAY JUNE 28TH.**

1. **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**
2. **Each registered athlete will receive a commemorative T-Shirt. Please complete the T-Shirt order form.**
3. **Athletes are allowed to use equipment and uniforms from their respective schools.**
4. **If your high school ends the 2020-2021 school year before June 30th, 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 30th, then athletes can wear their school uniform.**
5. **All freshmen will compete in one division.**
6. **There is no team score.**
7. **Medals will be awarded through 8 places.**

**Wisconsin Track Coaches Association**

**2021**

**2nd Annual Freshman Open State Meet**

**Meet Information and time schedule**

**1:30 pm: Registration and check in opens**

**2:00 pm: Weighing in of throwing implements at Arrowhead Throws shed.**

 **Pole certification will start at the pole vault event site.**

 **Jumpers and vaulters can begin setting marks**

**2:00 pm: Track opens for general warm-up period & setting relay exchange marks**

**3:00 pm: Field events start:**

1. **Co-ed Wheelchair Shot Put**
2. **Boys’ shot put followed by Girls’ shot put**
3. **Girls’ discus followed by Boys’ discus**
4. **Boys’ long jump on East runway followed by Boys’ triple jump**
5. **Girls’ long jump on West runway followed by Girls’ triple jump**
6. **Boys’ high jump**
7. **Girls’ high jump**
8. **Boys’ pole vault**
9. **Girls’ pole vault**

**3:00 pm: Co-ed 1600 Meter Wheelchair**

**4:00 pm: All running events are timed finals.**

 **Girls’ 100 Meter High Hurdles**

 **Boys’ 110 Meter High Hurdles**

 **Co-ed 100 Meter Dash Wheelchair Race**

 **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**

**Coed 400 Meter Boys/Girls Wheelchair**

**Girls’ 400 Meter Dash**

**Boys’ 400 Meter Dash**

**Girls’ 4 X 100 Meter Relay**

**Boys’ 4 X 100 Meter Relay**

**Girls’ 300 Meter Low Hurdles**

**Boys’ 300 Meter Intermediate Hurdles**

**Girls’ 800 Meter Run**

**Boys’ 800 Meter Run**

**Coed 800 Meter Boys/Girls Wheelchair**

**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**

**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.**

1. **Horizontal jumps:**

**3 jumps in the trials flights with the top 9 jumpers advancing to the finals with 3 more jumps.**

1. **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.**

1. **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: Medals will be awarded for the top 8 places in each event.**

1. **Medals will be presented throughout the meet at the awards stand at the 50 yard line adjacent to the spectator bleachers. We will NOT be mailing medals to athletes.**

**Admissions: Admission cost is $3.00. Children 12 and under are free.**

**WISTCA members are free, as the WISTCA is sponsoring the meet and WISTCA members are volunteering to work the meet.**

**WISTCA Contact person for the meet is Geoff Steinbach, Arrowhead High School**

**262-719-5080 geoffsteinbach@gmail.com**

**PARENT/ATHLETE REGISTRATION ON LINE AT wi.milesplit.com**

**Payment via credit card. Coaches and/or parents can register their athletes.**

**Registration closes at 8:00 PM on June 28th.**

**The WISTCA is honored and proud to once again announce that our Honorary Freshman State Meet Guest of Honor is Olympic Gold Medalist in the Triple Jump**

**Kenny Harrison.**