



WAUKESHA NORTH HIGH SCHOOL

2222 Michigan Avenue, Waukesha, WI 53188 – Head Coach E-mail: AJLANGE@waukesha.k12.wi.us

TO: Athletic Directors and Boys' Track & Field Coaches
FROM: Andrew Lange, Head Boys' Track Coach
RE: **Classic 8 JV/V Conference Relays – Saturday, April 22nd, 2017**

ENTRIES: Entries will be done online at <http://wi-track.com/>

ENTRY DEADLINE IS NOON ON Thursday April 20th.

All field & hurdle events will be 3 athletes per school. All other relays are four athletes per school. Each school can enter one team in each event at the JV & Varsity levels of competition.

TIME SCHEDULE:

- 9:15 am Coaches meeting in garage near concessions
- 9:15 am Weigh-in of Shots and Discus in garage
- 9:45 am Shot and Discus weigh-in completed
- 10:00 am All field events
- 10:00 am 4x1600 composite run
- 11:30 am Running events begin

GAMES COMMITTEE: Andrew Lange / CMH Head Coach / KM Head Coach

AWARDS: Varsity medals for 1st place

SCORING: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1. In hurdle events schools must have three hurdles in order to score. Ties remain unbroken.

1600 MEDLEY: 200-200-400-800. 4-Turn stagger. Red-red, red-red, blue-blue then cut immediately.

DISTANCE MEDLEY: 1200-400-800-1600. Waterfall start.

ORDER OF EVENTS

FIELD EVENTS:

10:00 AM

- | | |
|---------------|---|
| Discus - | JV followed by varsity. 4 throws, no finals. |
| Shot Put - | Varsity followed by JV. 4 throws, no finals. |
| Pole Vault - | JV & Varsity Together. 5-alive. Opening height TBD. |
| High Jump - | JV & Varsity Together. 5-alive. Opening height TBD. |
| Long Jump - | JV & Varsity Together. 4 jumps, no finals. Open pit time TBD. |
| Triple Jump - | JV & Varsity Together. 4 jumps, no finals. Open pit time TBD. |

RUNNING EVENTS:

Varsity will run first followed by JV

10:00 AM

4x1600 Composite Run

11:30 AM

3x110 High Hurdle Composite
1600 Medley Relay (200-200-400-800)
4x100 Meter Relay
4x800 Meter Relay
4x200 Meter Relay
Distance Medley (1200-400-800-1600)
3x300 Intermediate Hurdle Composite
4x400 Meter Relay