

**WAUKESHA NORTH HIGH SCHOOL**

**2222 Michigan Avenue, Waukesha, WI 53188 ● Head Coaches E-mails: MHARRISwaukesha.k12.wi.us / KTORZALA@waukesha.k12.wi.us**



**TO:** Athletic Directors and Track & Field Coaches

**FROM:** Matt Harris/Kristin Torzala, Head Boys’/Girls’ Track Coach

**RE: HEIMARK Northstar Classic – Saturday, April 27th, 2019**

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| --- | --- |
| **Boys Teams** | **Girls Teams** |
| 1. Arrowhead3. Cedarburg4. Franklin5. Grafton6. Johnson Creek7. Kettle Moraine8. Milwaukee Bradley Tech9. Mukwonago10. Muskego11. Nicolet12. Oconomowoc13. Sheboygan North14. Tenor15. Waukesha North16. Waukesha South17. Waukesha West18. Wauwatosa East | 1. Arrowhead2. Catholic Memorial High School3. Cedarburg4. Fond du Lac5. Grafton6. Johnson Creek7. Kettle Moraine8. Milwaukee Bradley Tech9. Mukwonago10. Muskego11. Nicolet12. Oconomowoc13. Sheboygan North14. Tenor15. Waukesha North16. Waukesha West17. Wauwatosa East18. West Bend West |

**ENTRIES:** Entries will be accepted online through Athletic.net. Teams can access on-line entry directly at www.athletic.net or through [www.tracksidetiming.com](http://www.tracksidetiming.com). The meet is located in the “2019 Outdoor Calendar” and titled **“Heimark/Northstar Invite”** in Athletic.net. You must have all entries submitted by Wednesday, April 24th , at 8:00PM. No late entries will be accepted. Email wheelchair entries directly to tracksidetiming@gmail.com.
Meet information, heat sheets, and results will be posted at [www.tracksidetiming.com](http://www.tracksidetiming.com).

DIFFERENT THIS YEAR!!! In each event there will be two entries allowed plus 2 wild card entries. No more than 3 athletes per event.

**There is NO scratch and replace allowed. Scratch and replace is only allowed with proper note from your school administration.**

**TIME SCHEDULE:**

* 8:30 am Weigh-in of Shots and Discus in garage at South end
* 8:45 am Coaches meeting and hospitality in garage
* 9:15 am Shot and Discus weigh-in completed
* 9:30 am Field Events begin
* 10:00 am Running Events begin

**ENTRY FEE:** $175.00 per competing team. Please make checks payable to **Waukesha North High School** C/O Michelle Bedalov. Entry fees are due by Wednesday, April 24th

**AWARDS:** Individuals awards will be given for first to sixth place. Relay awards will be given to first to third place. Championship plaques for Boys and Girls.

**SURFACE:** Track and runways are Seal Flex. Spikes up to but not exceeding 1/4” exposed will be allowed.

 **NOTES FOR COACHES:**

* No coaches are allowed in the infield for any reason, except for by pole vault. Stay outside the fence at all times! No coaches will be allowed inside the fence by the long/triple jump pits and by high jump except during warm-ups. Keep your athletes out of those areas as well unless they are currently competing.
* No warm-ups will be allowed on the turf once running events have started. Inform all athletes of this prior to the meet. Athletes can warm-up on the back stretch as long as it doesn’t interfere with races in progress. (The fieldhouse will be available for warm-ups, if needed.)
* Your team bus and all spectators should park in the parking lot off of Michigan Ave.

**HEATS:** There will be one heat of the 3200 run in each of the boys and girls division. Maximum of 12 runners per heat in the 800, maximum of 18 boys and 20 girls in the 1600.

**POLE VAULT:** Boys will be first. We will use the runway on the inside of the track on the north end of the stadium. Only one coach will be allowed with their athlete(s) at pole vault. **No spectators are allowed by the pole vault to watch, this includes other athletes.** Upon completion of the pole vault all athletes and coaches must remove themselves from the pole vault area.

 The pole vault event will be dedicated in honor of Geoff Steinbach. Coach Steinbach was a crucial part in the development and success of Waukesha North’s track & field program.

**HIGH JUMP:** Girls will be first with boys to follow. Boys will have a 30 minute warm-up time once girls competition is complete. Boys should not put marks down until their warm-up time. Once warm-up time is complete all coaches will be asked to leave the high jump area.

**LONG/TRIPLE JUMP: Long and Triple will be contested in flights of up to 12 athletes.** Athletes will be called in order and receive four jumps. In between flights there will be a 15 minute warm-up. There will be 20 minute open warm-up after the completion of boys triple jump and girls long jump, depending on the number of entrants, Followed by a 10 minute warm up for first flight only. Triple jump board distances will be 32’ and 36’ for boys and 24’ and 28’ for girls. If an athlete needs to change flights, this needs to be discussed prior to the start of the event and will be accommodated as long as the flight doesn’t go over 12 athletes. All coaches and athletes not competing should be outside the four foot fence.

**SHOT PUT/DISCUS:** There will be a maximum of **eight** throwers per flight. All throwers will receive 4 throws. There will be 10 minutes between flights and 30 minutes between the boys and girls. All legal-throwing implements must be kept at the event site for all competitors to use during the entire event. Make sure to mark your implement with an identifying mark for your use.

**JURY OF APPEALS:** Two officials, Women’s Head Coach from Waukesha North, Men’s Head Coach from Kettle Moraine, Women’s Head Coach from Wauwatosa East

**ORDER OF EVENTS**

**2019 HEIMARK NORTHSTAR CLASSIC**

**9:30 AM** Boys Triple jump followed by long jump- 4 Jumps No Finals

 Girls Long Jump followed by Triple jump- 4 Jumps No Finals

 Boys Discus - 4 Throws No Finals

 Girls Shot Put - 4 Throws No Finals

 \*\*The above events will all be contested in flights.

 Girls High Jump followed by Boys - 5 Alive

 Boys Pole Vault followed by Girls - 5 Alive

**10:00 AM** All Track Events Begin

 All Races are Finals

 Girls will compete first followed by boys

 800 Meter Co-Ed Wheelchair

 3200 Meter Relay

 100 Meter High Hurdles Girls

 110 Meter High Hurdles Boys

 100 Meter Dash

 100 Meter Co-Ed Wheelchair

 1600 Meter Run

 1600 Meter Co-Ed Wheelchair

 800 Meter Relay

 400 Meter Dash

 400 Meter Relay

 400 Meter Co-Ed Wheelchair

 300 Meter Low Hurdles Girls

 300 Meter Intermediate Hurdles Boys

 800 Meter Run

 200 Meter Dash

 3200 Meter Run

 1600 Meter Relay

Additional questions or concerns can be forwarded to Kristin Torzala at ktorzala@waukesha.k12.wi.us or call 262-970-3680.

Sincerely,

Kristin Torzala and Matt Harris

**“Heimark Northstar Classic”** Track & Field Invitational