



# WATERTOWN INDOOR INVITATIONAL SATURDAY, MARCH 30<sup>TH</sup>, 2019

Welcome to the Watertown Indoor Varsity Invitational. The field house opens at 8:45 a.m. to visiting teams. If you arrive early, please wait in the commons area. The coaches' meeting is scheduled for 9:15 a.m. in the faculty lounge, down the west hall from the main office. Both field and running events begin at 10:00 a.m.

## **ENTRIES**

Submit entries through [www.athletic.net](http://www.athletic.net) by 7:00 p.m. on Thursday, March 28<sup>th</sup>.

This meet's exact address is <https://www.athletic.net/edit/track/meet/register/2643300/overview>.

## **INDIVIDUAL EVENTS**

Each team is allowed two individuals per event.

Exhibition Watertown athletes may fill extra spots.

## **3200 METER RELAY AND 3200 METER RUN**

Each 3200 meter relay and 3200 meter runner must bring a person to be a lap counter.

## **HIP NUMBERS**

Athletes in the 800, 1600 and 3200 meter runs will be given hip numbers upon checking in with the clerk. Numbers must be placed on the athlete's torso.

## **RELAY EVENTS**

Each team is allowed one relay per event. Please list up to six athletes, the four competing athletes plus two alternates per event. Exhibition Watertown athletes may fill extra spots.

## **FIELD EVENTS**

If an athlete has been called to participate in another event, the athlete must personally check out with the field event judge. Excused competitors have a maximum of 15 minutes from the time they are called up in order until they must make themselves available for their next trial.

## **LONG JUMP**

Each jumper will get a total of three jumps in the preliminaries. The long jump will be run as an open pit lasting 60 minutes to determine the qualifiers for finals. After a ten minute break, the nine finalists will compete in reverse order.

There are two long jump boards. The red board is eight feet from the pit and the black board is twelve feet from the pit.

Jumpers should put their tape marks down for their starting spot between the bleachers and the outside line of lane 4. Please exit to the right of the pit. A jumper may take two jumps in a row by immediately getting in line behind the next jumper.

At the completion of the boys long jump, the girls are allowed 30 minutes to warm up.



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## HIGH JUMP AND POLE VAULT

Starting heights will be determined by seeds and included in the heat sheets. High jump and pole vault will be run in a 5-Alive 1-1-1 Format.

Meet management sets the pole vault standards.

## SHOT PUT

The shot put is thrown in the mezzanine and run in flights for preliminaries and finals. Each athlete gets three throws taken in a 1-1-1 format. There will be 15 minutes of warm-up time between flights in the prelims. After a ten minute break, the nine finalists will compete in reverse order.

## HEAT SHEETS & CHANGES

Heat sheets will be available at <https://sites.google.com/a/mywusd.org/track/> on Friday, March 29<sup>th</sup>. Send changes and scratches by e-mail to Chris Mertens by 7:00 p.m. on Friday, March 29<sup>th</sup>. Changes may also be made at the coaches' meeting, but these should be kept to a minimum. No reseeding of the heats will occur.

Please bring the provided *Change Form* to the coaches' meeting. After each coach has submitted the *Change Form*, only scratches will be accepted.

## TEAM AREA

The team area is the commons. Please ask your athletes to keep it clean during and after the meet. **Spikes are not allowed in the gym. Shot put are not to be thrown in the gym.** Concessions will be available throughout and after the meet. There is an admission fee.

## CLERK

The Clerk of Course will be in the east corner of the gym, or the opposite end from where you enter. Please have all of your runners report to the Clerk for their races. The clerk will verbally call each event.

If you have any questions, please feel free to contact me.

Sincerely,

Chris Mertens

Mr. Christopher M. Mertens  
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## TEAMS COMPETING

Arrowhead, Beaver Dam, Dominican, Fort Atkinson, Lakeside Lutheran, Mayville,  
Milwaukee Vincent, Mukwonago, Salam, Shawano Community, Waupun, Watertown

## OFFICIALS

Tom Bock, Gary Knapper, Don McNaughton

## TIME SCHEDULE

8:45 Field House Opens

9:15 Coaches' Meeting – Bring *Change Form*

### 10:00 Field Events Begin

High Jump Girls / Boys

Long Jump Boys / Girls

Pole Vault Girls / Boys

Shot Put Boys / Girls

### 10:00 Running Events Begin Girls / Boys

1. 3200 Meter Relay (*Bring a Lap Counter*) (5 Laps Each Runner – 800 Meters)
2. 55 Meter Hurdles Trials (Fastest 9 Times Advance to Finals)
3. 55 Meter Dash Trials (Fastest 9 Times Advance to Finals)
- \*\*\*15 Minute Break\*\*\*
4. 55 Meter Hurdles Finals (9 Qualifiers to Finals)
5. 55 Meter Dash Finals (9 Qualifiers to Finals)
- \*\*\*10 Minute Break\*\*\*
6. 1600 Meter Run (10 Laps)
7. 400 Meter Dash (2½ Laps)
8. 4 Lap Relay (1 Lap Each Runner – 160 Meters)
9. 200 Meter Hurdles (1¼ Laps – 4 Hurdles)
10. 800 Meter Run (5 Laps)
11. 200 Meter Dash (1¼ Laps)
12. 3200 Meter Run (*Bring a Lap Counter*) (20 Laps)
13. 1600 Meter Relay (2½ Laps Each Runner – 400 Meters)

SCORING All events will be scored 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1.

AWARDS First, second and third place medals in each event will be awarded. Coaches may pick up their team's envelope with the medals at the conclusion of the meet from the scorers' table.

RESULTS Results will be announced, posted in the gym and available at  
<https://sites.google.com/a/mywusd.org/track/>.



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## CHANGE FORM – BOYS / GIRLS (Circle One)

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_

EVENT	DELETE	ADD
1. 3200 Meter Relay	_____ _____	_____ _____
2. 55 Meter Hurdles	_____ _____	_____ _____
3. 55 Meter Dash	_____ _____	_____ _____
4. 1600 Meter Run	_____ _____	_____ _____
5. 400 Meter Dash	_____ _____	_____ _____
6. 4 Lap Relay	_____ _____	_____ _____
7. 200 Meter Hurdles	_____ _____	_____ _____
8. 800 Meter Run	_____ _____	_____ _____
9. 200 Meter Dash	_____ _____	_____ _____
10. 3200 Meter Run	_____ _____	_____ _____
11. 1600 Meter Relay	_____ _____	_____ _____
12. High Jump	_____ _____	_____ _____
13. Long Jump	_____ _____	_____ _____
14. Pole Vault	_____ _____	_____ _____
15. Shot Put	_____ _____	_____ _____

*Send changes and scratches by e-mail to Chris Mertens ([mertensc@watertown.k12.wi.us](mailto:mertensc@watertown.k12.wi.us)) by 7:00 p.m. on Friday, March 29<sup>th</sup>. Changes may also be made at the coaches' meeting using this form, but please keep them to a minimum.*