



# Ripon College Showcase Meet

Saturday March 23<sup>rd</sup>, 2019

Hosted at Ripon College

Last Updated: 3/5/19

- Meet: Ripon College Willmore Center Fieldhouse  
600 Union St – Ripon, WI 54971 ([ripon.edu/map](http://ripon.edu/map))  
Meet Directors: Bob Wood ([woodr@ripon.edu](mailto:woodr@ripon.edu)) and Chris Gatzke ([gatzkec@ripon.k12.wi.us](mailto:gatzkec@ripon.k12.wi.us))  
The meet will be governed by WIAA rules – Host: Ripon High School Venue host: Ripon College
- Bus Parking:** Bus should drop off teams in front of the Willmore Center, but are **not allowed to park on campus during the meet**. Buses are encouraged to park at Ingalls Field (outdoor track)  
**Team Camps:** no team camps in the fieldhouse – camps should be in either gymnasium (map)
- Time Schedule:
- |                 |   |
|-----------------|---|
| Facility Opens  | 8:30 am   |
| Coaches Meeting | 9:15 am Classroom 176 (Scratches only at the coaches meeting) |
| Field Events    | 10:00 am  |
| Running Events  | 10:00 am  |
- Entries: Co-Ed Meet  
2 Individual Entries per Event - 1 Relay Entry per Event  
Individual Limit: WIAA Rules Apply (Max of 4, 3 running or 3 field)
- Entry Process: **Entries will be due Wednesday March 20th by Noon**  
Submit all entries via Athletic.net – Ripon College Showcase Meet  
\$150 per gender, check made out to Ripon College
- Scoring: 8 Places for Individual and Relay events (10-8-6-5-4-3-2-1)  
Heats will be seeding normally, teams will be scored in Large/Small School Divisions  
The sprint finals (60m/60m Hurdles) will advance the top 8 from both divisions
- Awards: Team Champion Awards for Boys and Girls – Large and Small School Divisions  
T-Shirts will be awarded for top 3 finishers in each event including relays
- Admission: Adults - \$5.00  
Children 17 and Under - Free
- Field Events: Shot Put (throw in order by flight 1-1-1-1) – four throws no finals  
High Jump (five alive), Pole Vault  
Long Jump/Triple Jump: open pit 10:00am – 12:30pm – four jumps no finals  
Scratch line may be implemented due to number of entries (1<sup>st</sup> legal jump/throw will count)
- Opening Heights: High Jump – Girls 4'4" Boys 5'4" Pole Vault – Girls 7'6" Boys 9'6"  
Pole vault progressions will increase by 1 foot after opening height, then 6 inch increments.
- Weigh-Ins: Shots will be weighed 8:30 – 9:30 am at the south end of the fieldhouse
- Trainer: There will be a trainer on site from Agnesian Healthcare
- Check-Ins: Athletes should pick up hip **numbers for ALL running events at the table in the center of the infield (refer to map on pg. 5)**. Heats will be clerked by the respective start lines. Athletes should be by clerk prior to their heat starting. Reference fieldhouse map for locations.
- Results: Live results will be displayed on a monitor by the finish line and online at Live.Athletic.Net  
Paper results will be posted on the northeast wall of the fieldhouse
- Restricted Areas: Coaches and athletes only in restricted areas, no spectators or non-competing athletes  
Spectators may not cross the track during a race – please look both ways before crossing.

# Ripon College Willmore Center Fieldhouse

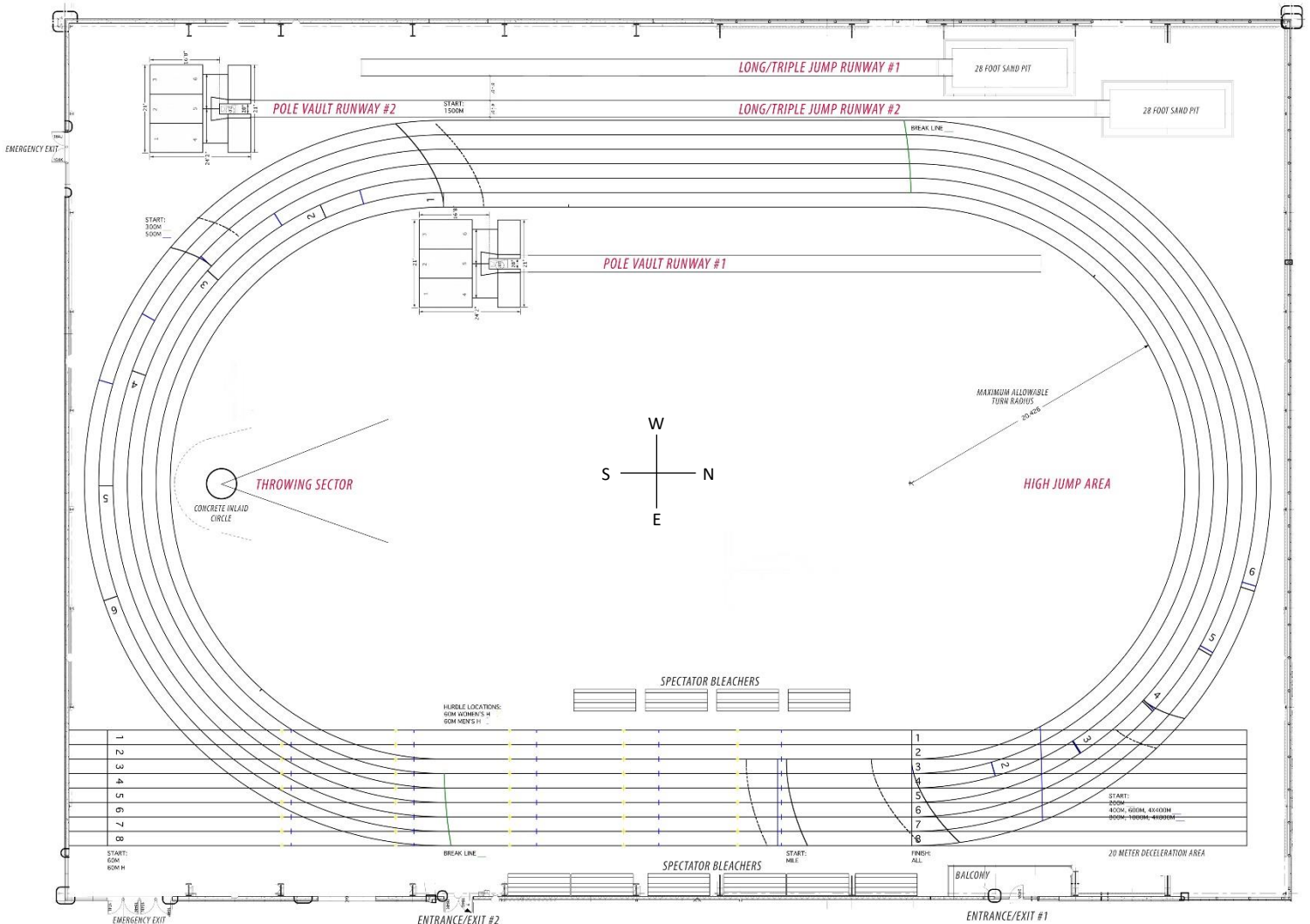
## Accommodations and Rules

### Willmore Center Rules:

1. ¼ inch pyramid spikes only
2. NO Spikes outside fieldhouse – athletes will be given a warning and then removed from competition if found with spikes on outside of the fieldhouse a second time
3. No food or drinks inside the fieldhouse (water is the only exception)
  - a. Food is allowed in the atrium/lobby area by the concession stand
4. Team camp areas will be located in the auxiliary gym to the east of the fieldhouse
  - a. No food or drinks in the auxiliary gym (water is the only exception)
5. Locker rooms will NOT be available for athlete use

### Fieldhouse:

1. 8 lane straightaway and 6 lane oval – entire fieldhouse is Beynon BSS 1000 surface
2. Reference the facility layout for field event and spectator locations
3. Throwing circle is a concrete recessed ring
4. Horizontal Jump Board Distances
  - a. Long Jump – 8ft for both runways
  - b. Triple Jump – 24, 28, 32, 36ft on both runways
5. Approach Distances
  - a. Jump Runway #1 – 140ft (Long Jump)
  - b. Jump Runway #2 – 240ft (shared with Pole Vault Runway #2)
  - c. Pole Vault Runway #1 – 130ft
  - d. High Jump Approach – 70ft back from pit on both sides





RED HAWKS

# TRACK & FIELD

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### Order of Events

10:00 am	Shot Put	Boys then Girls	4 Throws – No Finals
	Long Jump	Girls then Boys	4 Jumps – No Finals    Jump Runway #2
	Triple Jump	Boys then Girls	4 Jumps – No Finals    Jump Runway #1
	High Jump	Girls then Boys	4'4" – 5'4"
	Pole Vault	Boys then Girls	9'6" – 7'6"

### APPROXIMATE TIME SCHEDULE – We will go ahead of schedule if possible

Girls will Run First in All Events (Except for 60m Hurdle Finals)

10:00 am	3200m – Slower Heats if needed
10:15 am	4x800m Relay
11:05 am	60m Hurdle Trials
11:25 am	60m Dash Trials
11:50 am	60m Hurdle Finals (Boys First) (Top 8 from Both Divisions, Small then Large Division)
12:05 pm	60m Finals (Top 8 from Both Divisions, Small then Large Division)
12:10 pm	1600m Run
12:45 pm	4x200m Relay
1:20 pm	400m (no blocks)
1:55 pm	800m
2:20 pm	200m
2:55 pm	3200m – Girls Heat and Boys Faster Heat
3:25 pm	4x400m Relay (no blocks)

Last Update: 3/5/19

# RIPON COLLEGE

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## FIELD EVENT PROCEDURES

### LONG JUMP

*Girls then Boys*                    Four Jumps, no finals                    Jump Runway #2  
Open Pit (Cafeteria Style):        10:00 am – 12:30 pm                    Girls  
  1:00 pm – 3:30 pm                    Boys (run throughs may begin when girls are done)  
A leaderboard will be updated throughout the competition to indicate top mark

### TRIPLE JUMP

*Boys then Girls*                    Four Jumps, no finals                    Jump Runway #1  
Open Pit (Cafeteria Style):        10:00 am – 12:30 pm                    Boys  
  1:00 pm – 3:30 pm                    Girls (run throughs may begin when boys are done)  
A leaderboard will be updated throughout the competition to indicate top mark

### SHOT PUT

*Boys then Girls*                    Four throws, no finals  
Throw in order of flights 1-1-1-1  
Next Gender to start 15 min warm up for first flight after event concludes  
A leaderboard will be updated throughout the competition to indicate top mark

### HIGH JUMP

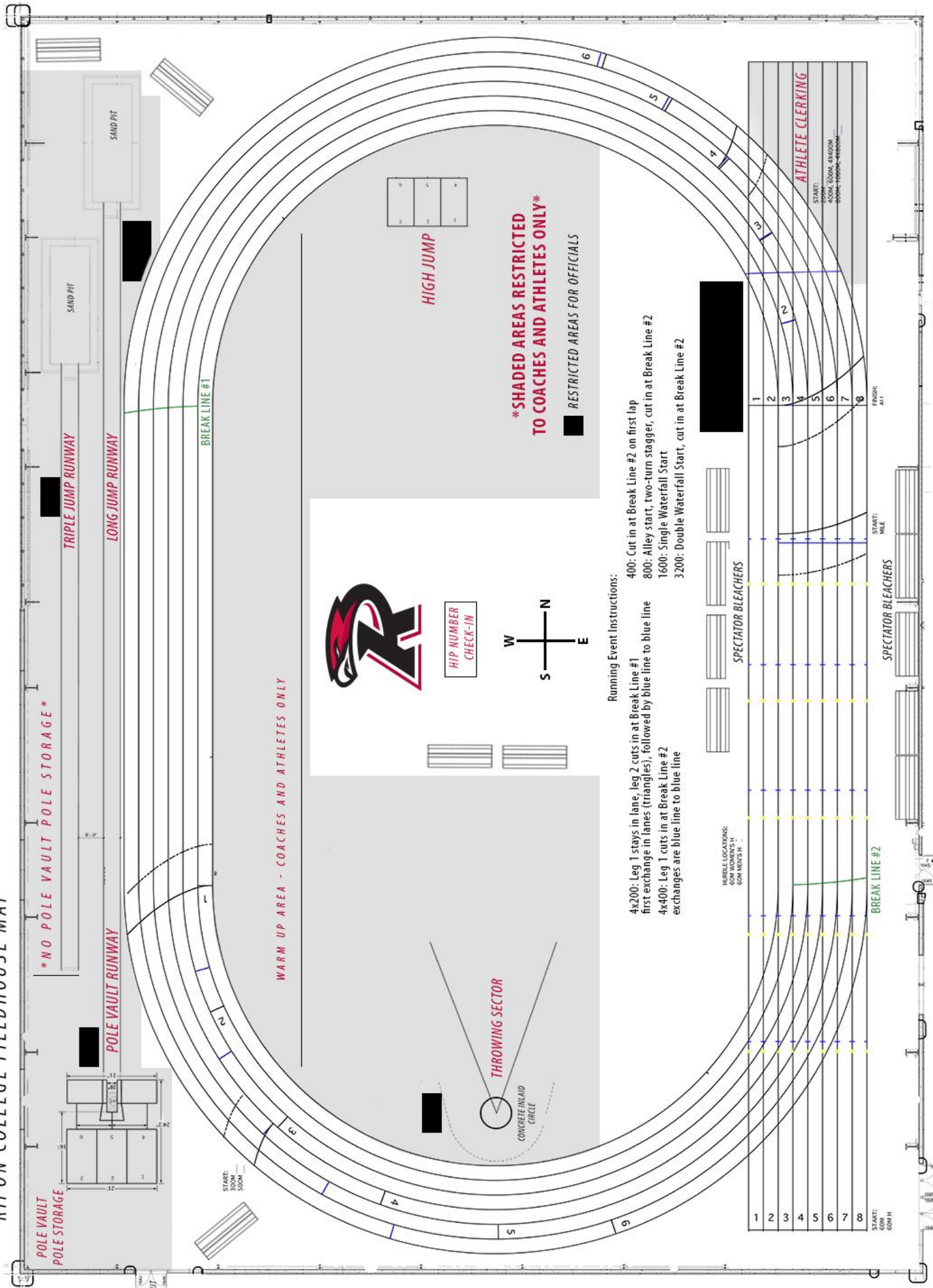
*Girls then Boys*                    4'4 and 5'4 Opening Heights  
Five alive format will be used. Athletes may check-out with the event official, and can either be moved up in the rotation or placed at the end of the list. Once that athlete's name is called they have 1 minute to initiate the jump or it will be a pass. Three consecutive passes and the athlete will be moved to the next height. The bar will not be held for a checked-out athlete and they will be placed in their normal order at the next height. Misses carry over to the next height, as per NFHS rules.  
Heights will go up by 2"

### POLE VAULT

*Boys then Girls*                    9'6 and 7'6 Opening Heights  
Five alive format will be used. Athletes may check-out with the event official, and can either be moved up in the rotation or placed at the end of the list. Once that athlete's name is called they have 1 minute to initiate the jump or it will be a pass. Three consecutive passes and the athlete will be moved to the next height. The bar will not be held for a checked-out athlete and they will be placed in their normal order at the next height. Misses carry over to the next height, as per NFHS rules.  
Height Progressions:  
Boys: 9'6 – 10'6 – 11'0 – 11'6 – 12'0 – 12'6 ....  
Girls: 7'6 – 8'6 – 9'0 – 9'6 – 10'0 ....



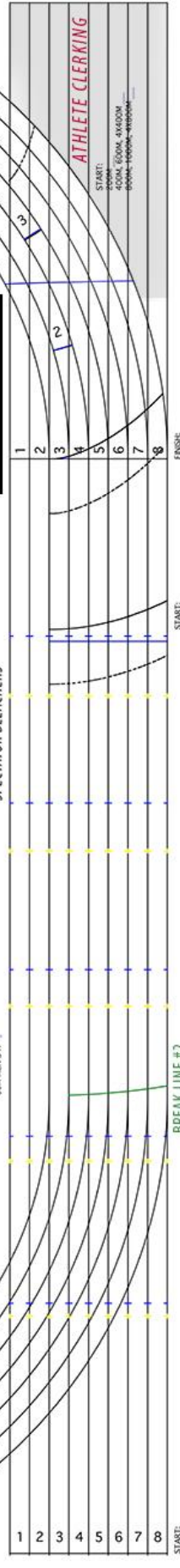
# RIPON COLLEGE FIELDHOUSE MAP



### Running Event Instructions:

- 4x200: Leg 1 stays in lane, leg 2 cuts in at Break Line #1 first exchange in lanes (triangles), followed by blue line to blue line
- 4x400: Leg 1 cuts in at Break Line #2 exchanges are blue line to blue line
- 400: Cut in at Break Line #2 on first lap
- 800: Alley start, two-turn stagger, cut in at Break Line #2
- 1600: Single Waterfall Start
- 3200: Double Waterfall Start, cut in at Break Line #2

BLEACHER LOCATIONS:  
600M TO 1100M  
600M TO 1100M



START:  
600M  
800M  
1600M  
3200M

START:  
PALE

START:  
600M  
1100M

EMERGENCY EXIT

ENTRANCE #2

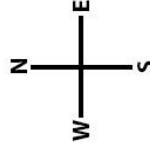
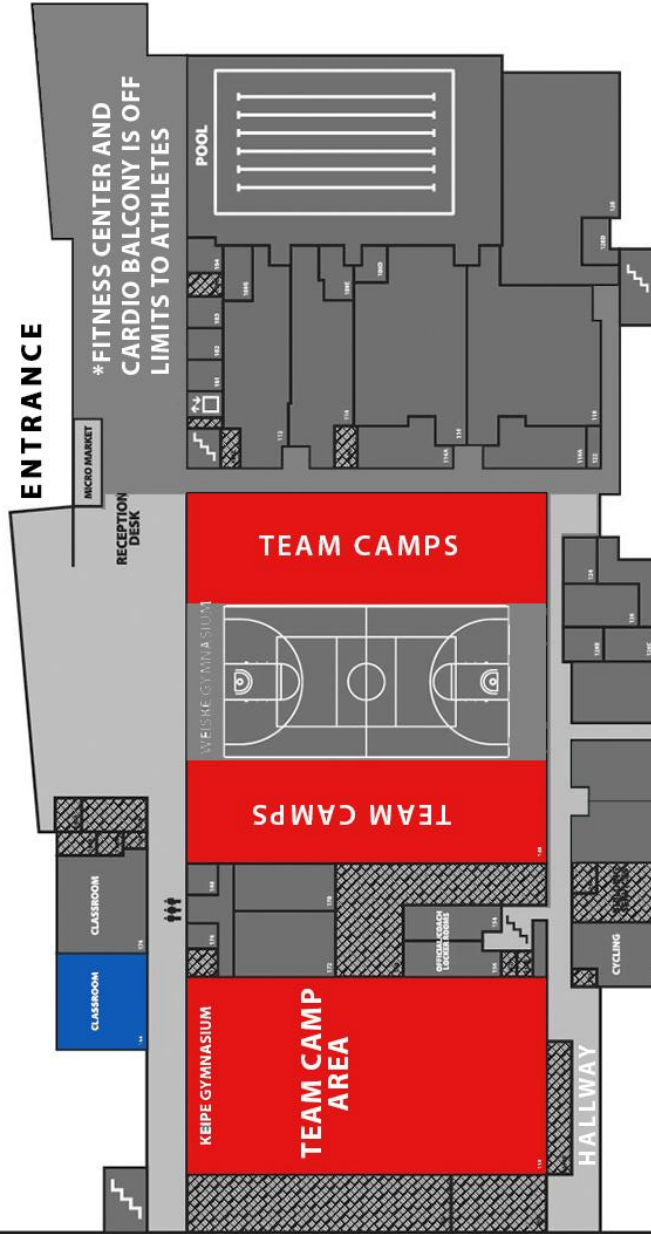
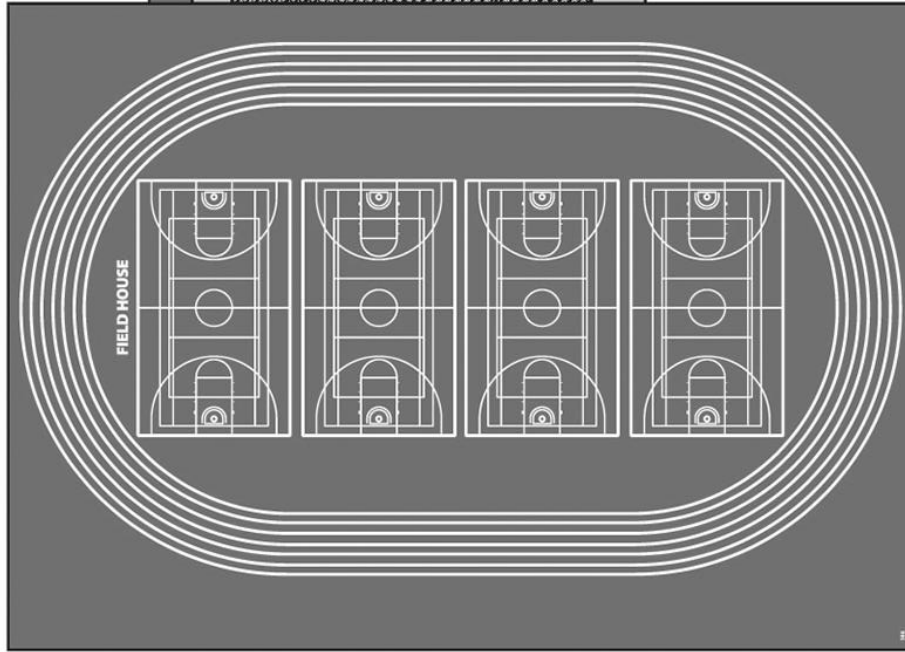
ENTRANCE #1






**BUS UNLOADING ONLY**

**NO BUS PARKING ON CAMPUS**

**PARKING LOT**

**BUS PARKING:**  
 INGALLS FIELD  
 700 WENCESLAUS ST  
 RIPON, WI



-  **TEAM CAMP**
-  **COACHES MEETING**
-  **RESTROOMS**
-  **ELEVATOR**
-  **STAIRS**