



January, 2025

Dear Grade School Track & Field Coaches and Physical Education Instructors,

Track and field is a wonderful sport that provides opportunities for all boys and girls to participate. Currently at Arrowhead High School we have approximately 200 boys and girls participating in track & field. We thank you for providing opportunities to experience the sport of track & field. The Arrowhead track & field teams are proud of their recent successes. The boys team won the WIAA State Championship each of the last 4 years, 2021, 2022, 2023, 2024, and the girls team won their first WIAA State Championship last year in 2024. We look forward to continuing this tradition by working hard and encouraging others to join our team who share our vision and commitment to excellence.

The Arrowhead Grade School Track & Field Meet for this year has been scheduled as follows.

Wednesday, May 21, 2025

4:45 - coaches meeting at the finish line to discuss the competitive division

5:00 - Young & Fun Division (4th Grade & Younger) - Running Events on the turf, meet on the track infield

5:00 - Competitive Division Field Events (5th - 8th Grade) check in at the particular field event

6:00 - Competitive Division Running Events (5th - 8th Grade) on the track, check in with the clerk

The competitive division of this meet is for **5th – 8th graders** with the focus on the 8th graders. For all other athletes (**4th grade and younger**), we will offer unlimited participation in the 50 yd dash, 100 yd dash, 50 yd mini hurdles and high jump, if time allows, on the football field between **5:00 pm and 6:00 pm**.

Meet Site:

Arrowhead High School - Taraska Stadium
700 North Ave
Hartland, WI 53029

The goal of the competitive portion of the Arrowhead Grade School Track & Field Meet is to provide a competitive arena for the athletes to showcase themselves to the high school coaches and experience a more structured and competitive competition. This meet is to be distinguished from the developmental 'All Comers' meets offered during the weeks leading up to this meet.

Schedule for the Competitive Division:

5:00 - Field Events - All athletes should be checked in by 5:00 at their field event

Shot Put - Girls in Ring 1, Boys in Ring 2, or Girls first, followed by Boys

High Jump - Girls on Pit 1, Boys on Pit 2

Long Jump - Girls on East Pit, Boys on West Pit

6:00 - Running Events - We will run one race after another in this order with no delays

All running events are timed finals

Girls will run first followed by boys

All athletes are required to pick up a hip number at the North end of the straight away

All athletes are required to check in with the clerk at the North end of the straight away

100 m Hurdles

1600 m Run

100 m Dash

400 m Dash

4 x 100 m Relay

800 m Run

200 m Dash

4 x 400 m Relay

1. Goals for all

- A. Have fun!
- B. Promote good sportsmanship in a positive yet competitive environment.
- C. Promote the sport of track and field so athletes desire to pursue improvement and excellence.
- D. Showcase talented athletes in the sport of track and field in the competitive portion of the meet.

2. Participants in the Competitive Division

- A. Each feeder school in the Arrowhead Union School District is welcome to participate.
- B. Home schooled kids residing in the district are welcome to compete.
- C. Other student athletes intending on attending AHS are welcome to participate.
- D. Each school will run as one team, regardless of the size of their team.
- E. Teams will be composed of athletes in 5th through 8th graders, sorry no 4th graders are allowed
- F. Remember ages and grades are not distinguished at this meet.
 - i. All 5th, 6th, 7th and 8th graders compete against each other.
 - ii. For informational purposes, please include the athlete's grade
- G. Uniforms are not mandatory, but similar looking shirts for your school will promote school spirit and are helpful to meet management, especially for relays.

3. Entries in the Competitive Division

- A. Each team is allowed 2 relay teams and 3 entries per individual event, except the 100 m dash where 6 athletes are allowed.
- B. Only 1 relay team will count in the team points.
- C. Each athlete is allowed a maximum of 3 events including relays and field events.
- D. Due to the limited entries allowed, we suggest focusing on the 8th graders to fill your team first. This meet is designed to showcase your best athletes.
- E. Entries **will be on milesplit.com**
<https://wi.milesplit.com/meets/650713-arrowhead-grade-school-invite-2025>
- F. **Entries due on Tuesday, May 20, at 6:00 pm**
- G. Any changes you have after that need to be emailed to Jill Bradley at marctrackccc@gmail.com
 - i. You can make changes at the track on the day of the meet
 - ii. Please report changes as quickly as possible to the timing system at the finish line
- H. If you have any trouble or questions entering the meet, please ask - Jill Bradley at marctrackccc@gmail.com

4. **Seeded Heats** in the Competitive Division
 - A. We will make seeded heats.
 - B. Please include a seed time if you desire comparable competition.
 - C. Last heat of each event will be the fastest.
 - D. There will most likely be two heats of the 800, one slower and one faster, for both genders
 - E. There will be only one heat of the mile per gender
5. **Events** in the Competitive Division
 - A. Events offered are 100 hurdles, 100, 200, 400, 800, 1600, 4x100, 4x400, High Jump, Long Jump, Shot Put
 - B. The shot put will be 6 lb for girls and 4 kg (8 lbs. 13 oz) for boys. Four puts allowed in flight format.
 - C. High jump starting height is 3'2" – 3 misses at a height end your competition. 5-Alive format.
 - D. The long jump runway will have two available take-off boards to choose from - a 2 foot board and an 8 foot board. Four total jumps allowed. Open pit format for 1 hour or longer if entries dictate. We suggest piggy-backing the jumps.
 - E. The hurdle race will be 100 meters, with 10 hurdles, 30" high, 8 meters apart.
 - F. Starting blocks will be available, but are not required.
 - G. Batons are available for relays.
 - H. Spikes are allowed. Arrowhead has an 8 lane all-weather track that will accept 1/4" spikes. This includes the high jump and long jump runways.
6. **Parking:** Available to the north, east and southeast of the track.
7. **Team Area** for the Competitive Division
 - A. Warm ups will be allowed on the backstretch and on the far east side of the infield as long as athletes do not interfere with races in progress.
 - B. We ask that no spectators be on the infield. Spectators, parents and fans are reminded to cheer from outside of the fence around the track and not congregate on the infield.
8. **Athletes** in the Competitive Division:
 - A. Upon arrival to the track, athletes should check in at their field event.
 - B. Athletes competing in running events should listen for their event to be called and check in with the clerk of course and obtain a hip number at the North end of the home straight away
9. **Restrooms:** Available in the building in the parking lot at the south side of the track as well as portable restrooms dispersed on site.
10. **Concessions:** Will be available, accepting cash, credit, and apple pay.
11. **Admission:** Free
12. **Officials:** Tom Emmerich, Dennis Meyer, and Pete Emmerich
13. **Awards** for the Competitive Division
 - A. Points will be awarded as follows:

- i. 8th place – 1 point
 - ii. 7th place – 2 points
 - iii. 6th place – 3 points
 - iv. 5th place – 4 points
 - v. 4th place – 5 points
 - vi. 3rd place – 6 points
 - vii. 2nd place – 8 points
 - viii. 1st place – 10 points
- B. A small trophy will be awarded to the winning girls team and the winning boys team.
 - C. Ribbons for 1st through 8th place will be awarded to both genders in each event.
 - D. Coaches should pick up their awards at the table near the finish line at the end of the meet.

14. Emergency Action Plan:

- A. **LOCATION OF TELEPHONE** nearest to event site: **THROUGH DOOR 15 of North Campus ON WALL in the Foyer BETWEEN GYMS**
- B. ***All Coaches are encouraged to carry a cell phone, if you do not, please ensure you have the right keys to enter North/South campus to reach a phone in an emergency.*
- C. **LOCATION OF DEFIBRILLATOR: ON FOOTBALL STADIUM WALL UNDER BLEACHERS**
- D. **EMERGENCY TELEPHONE NUMBERS**
 - i. **EMS: 911**
 - ii. **ATHLETIC TRAINERS:**
 - Abby Leisemann, MS, LAT Cell: 309-258-9398
 - Hanna Podbielski, MS, LAT Cell: 262-349-3278
 - Athletic Training Room x 4835

ATHLETIC TRAINING ROOM LOCATIONS

NORTH CAMPUS: Enter Door 15 into Gym Foyer Straight Back by Boys & Girls locker rooms

SOUTH CAMPUS: Next to Phy. Ed. Offices and locker rooms

Each is stocked with Ice, Ice Bags, Wraps, Band-Aids, Gauze

 - iii. **HOSPITAL/ER:**
 - Waukesha Memorial: 262-544-2267
 - Oconomowoc Memorial: 262-569-9119
- E. **WHEN PLACING A CALL BE PREPARED TO:**
 - i. Give your NAME, LOCATION & DESCRIPTION of the injury.
 - ii. Give detailed directions where the ambulance should go, including
 - iii. DO NOT HANG UP until the person receiving the call tells you to
- F. **DESIGNATE PERSONS TO DO THE FOLLOWING:**
 - i. Stay with the injured athlete at all times.
 - ii. Make the call to EMS. - Entry to Facility off of North Avenue
 - iii. Meet EMS and assist them getting to the athlete.
 - iv. Call parents.
 - v. Fill out accident report immediately following and turn into Ryan Mangan, AD, 262-993-9327, Principal is Adam Kurth, 262-369-3611

15. Entry Fee for the Competitive Division

- A. You will be charged \$40 per girl team and \$40 per boy team. Max of \$80 per school. Or \$4 per athlete.
- B. Please make checks payable to *Arrowhead High School*.
- C. Please either bring the check with you to the meet, or mail the check to Arrowhead High School, Attn: Activities Office, 800 North Ave, Hartland, Wisconsin 53029
- D. This fee covers the cost to run the meet, including officials, awards, and custodians.
- E. Include your school name and designation as 'AHS Grade School T&F Meet' with your payment.

16. Events for 4th graders and younger

- A. Football Turf / Track Infield: 50 yd dash, 100 yd dash, 50 yd Mini Hurdles
- B. High Jump
- C. Open to all girls and boys in 4th grade, 3rd grade, 2nd grade, 1st grade, kindergarten, and younger!
- D. Just show up! No pre-registration required.
- E. Ribbons for all participants!
- F. No times will be kept.
- G. Please meet on the East side of the track & football field – closest to the tennis courts
- H. We will call races to the starting line / south end zone when the gender and grade are ready.
- I. There will not be a posted time schedule. We will run one race after another with no delays.

Spread the word!!

This is a great chance to come out and enjoy the sport of track and field!

If you have any questions please contact us!

Yours in Track,

Chris Herriot

Head Boys Track & Field Coach
Arrowhead High School
herriot@arrowheadschoools.org

Bradley Clark

Head Girls Track & Field Coach
Arrowhead High School
clark@arrowheadschoools.org

Jill Bradley

Meet Manager
bradley@arrowheadschoools.org
marctrackcc@gmail.com