



ARROWHEAD HIGH SCHOOL

Frosh / Soph Co-ed Invitational

Tuesday, May 13, 2025

We look forward to hosting your team at the Freshmen / Sophomore Co-ed Invitational.
Please share this information as needed

Teams Competing: Arrowhead, Catholic Memorial Boys, Hartford, Mukwonago, Oak Creek, Slinger, St. John's Northwestern Academies, Waukesha South, West Bend East Girls, Waukesha West Boys

Meet managers,

- Head Boys Track & Field Coach, **Chris Herriot** at herriot@arrowheadschoools.org
- Head Girls Track & Field Coach, **Bradley Clark** at clark@arrowheadschoools.org
- Athletic Director, Ryan Mangan at mangan@arrowheadschoools.org or 262-369-3612 X 4203

Meet Site:

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

Schedule:

- 3:30 - Implement Weigh-In at the shed by the shot put area on the far west side of the athletic fields
- 4:00 - Coaches Meeting in the Morton Storage/Concession Building at the southwest corner of the track
- 4:30 - Field Events
- 5:30 - Running Events - Finals Only

Entry Limits: Each school is allowed 3 entries per individual event and 1 relay team per relay event. Per WIAA rules, an athlete may compete in a maximum of four events, but no more than 3 track events or 3 field events. Relay team members need not be declared in advance. Athletes must be freshmen or sophomores only. No exceptions.

Entry Process: Register online at www.pttiming.com To find event, click on schedule and find event.

Entry Deadline: Sunday, May 11 at 10pm. A late fee of \$50 will be assessed by PTTiming if registration needs to be reopened. Minimal changes will be allowed at the coaches meeting. No reseeding.

Heat sheets will be available on pttiming.com before the event.

Results will be live on pttiming.com

Officials: Tom Emmerich & Dennis Meyer

Team Area: Please set up your team camps outside of the track's fence or behind the bleachers.

We ask that no spectators be on the infield. Warm ups will be allowed on the back stretch on the far east side of the infield. Locker rooms are not available. Restrooms are located in the building in the parking lot south of the track. Portable restrooms are also available.

Trainer: The trainer will be available on site in the training room in North Campus. Enter Door 15 and proceed straight through the foyer and turn right in the back hallway.

EMERGENCY ACTION PLAN CHECK LIST

LOCATION OF TELEPHONE nearest to event site: **THROUGH DOOR 15 of North Campus ON WALL in the Foyer BETWEEN GYMS**

*****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.***

LOCATION OF DEFIBRILLATOR: ON FOOTBALL STADIUM WALL UNDER BLEACHERS

EMERGENCY TELEPHONE NUMBERS

1. EMS: 911

2. ATHLETIC TRAINERS:

- a. Abby Leisemann, MS, LAT - Cell: 309-258-9398
- b. Hanna Podbielski, MS, LAT - Cell: 262-349-3278
- c. Athletic Training Room x 4835
- d. **ATHLETIC TRAINING ROOM LOCATIONS**

- i. **NORTH CAMPUS:** Enter Door 15 into Gym Foyer Straight Back by Boys & Girls locker rooms
- ii. **SOUTH CAMPUS:** Next to Phy. Ed. Offices and locker rooms
- iii. ****Each is stocked with Ice, Ice Bags, Wraps, Band-Aids, Gauze****

3. HOSPITAL/ER:

- a. Waukesha Memorial: 262-544-2267
- b. Oconomowoc Memorial: 262-569-9119

4. WHEN PLACING A CALL BE PREPARED TO:

- 1. Give your NAME, LOCATION & DESCRIPTION of the injury.
- 2. Give detailed directions where the ambulance should go, including location of entrance.
- 3. DO NOT HANG UP UNTIL THE PERSON RECEIVING THE CALL TELLS YOU TO

DESIGNATE PERSONS TO DO THE FOLLOWING:

- ✓ Stay with the injured athlete at all times.
- ✓ Make the call to EMS. - Entry to Facility off of North Avenue
- ✓ Meet EMS and assist them getting to the athlete.
- ✓ Call parents.
- ✓ Fill out accident report immediately following and turn into Ryan Mangan, AD as soon as possible.
- ✓ Ryan Mangan, AD 262-993-9327
- ✓ Adam Kurth, Principal 262-369-3611

Spikes: Arrowhead has an 8 lane all-weather track that will accept ¼” spikes. This includes pole vault, high jump, long jump and triple jump runways.

Concessions: Will be available. Cash and credit card accepted.

Scoring: Individuals & Relays: 10-8-6-5-4-3-2-1

Awards: Medals for 1st – 3rd places (individual medals will be allocated to each team’s award packet for Coach to pick up at the conclusion of the meet near the finish line at the awards table).
Team Plaques for 1st and 2nd place.

Hospitality: A limited menu will be available in the Morton Storage Concession Building at the southwest corner of the track

Admission: Free

Bus Parking: Please share with your bus and van drivers that they should park in the lot on the far North East side of the stadium to facilitate parking, traffic and potential congestion. Hartbrook Strip Mall at 580 Hartbrook Drive in Hartland is just to the South East of campus where there is ample parking, food and restrooms. Thank you for your assistance in this matter.

4:30 - Field Events:

- **High Jump** – located on the south end of the infield
 - Boys on West Pit
 - Girls on East Pit
 - Five Alive format
 - Starting height to be determined at the coaches meeting
- **Pole Vault** - located on the north end of the infield
 - Boys on South Pit
 - Girls on North Pit
 - Five Alive format
 - Starting height to be determined at the coaches meeting
 - Bring a copy of weight verification form to the event
- **Long Jump** – located outside of the track & field stadium on the southwest corner
 - Boys on West Pit
 - Girls on East Pit
 - 3 or 4 trials for each athlete, no finals
 - Open Pit for 1hr 30 minutes or longer (most likely longer – 1.5 hours...) if needed as entries dictate. We may also establish flights.
- **Triple Jump** - located outside of the track & field stadium on the southwest corner
 - 15 minutes after long jump is completed - approx 6:00 to 6:30 pm
 - Boys on West Pit
 - Girls on East Pit
 - 3 or 4 trials for each athlete, no finals
 - Open Pit for 1hr 30 minutes, or longer if needed as entries dictate. We may establish flights.
- **Shot Put**
 - Girls first followed by Boys
 - 4 trials for each athlete, no finals
 - Flights by school of approx. 8 to 10 athletes
- **Discus**
 - Boys first followed by Girls
 - 4 trials for each athlete, no finals
 - Flights by school of approx. 8 to 10 athletes

5:30 - Running Events:

Girls will run first followed by boys

All running events are timed finals

All athletes should pick up a hip number at the North end of the straightaway

All events will be clerked at the North end of the straightaway

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4x800 Relay
100 / 110 High Hurdles
100 Dash
1600 Run
4x200 Relay
400 Dash
4x100 Relay
300 Low & Intermediate Hurdles
800 Run
200 Dash
3200 Run
4x400 Relay