



# Arrowhead Track & Field

## Triangular All Comers

*Arrowhead, Milwaukee Hamilton, Oconomowoc*

**Tuesday, May 6, 2025**

### Meet Managers:

Head Boys Track & Field Coach: Chris Herriot – [herriot@arrowheadschoools.org](mailto:herriot@arrowheadschoools.org)

Head Girls Track & Field Coach: Bradley Clark – [clark@arrowheadschoools.org](mailto:clark@arrowheadschoools.org)

Athletic Director: Ryan Mangan – [mangan@arrowheadschoools.org](mailto:mangan@arrowheadschoools.org) or 262-369-3612 ext 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 rings on the far west side of the athletic fields

4:00 – Coaches Meeting – in the Morton Storage and Concession Building at the southwest corner of the track

4:30 – Field Events

5:30 – Running Events – Finals Only

**Entry Limits:** Unlimited, except 200m Dash will be limited to 8 entries. Per WIAA rules, an athlete may compete in a maximum of four events and not enter more than 3 track events or 3 field events. Relay team members need not be declared in advance.

**Entry Process:** Register online at [www.wi.MileSplit.com](http://www.wi.MileSplit.com) Meet is titled “Arrowhead All Comers”. Questions on entry process to Jill Bradley at [bradley@arrowheadschoools.org](mailto:bradley@arrowheadschoools.org)

**Entry Deadline: Monday, May 5, 7:00 pm**

Changes will be allowed at the coaches meeting.

Meet will be timed by Arrowhead.

Heat sheets will be available late Monday night and emailed to head coaches.

Results will be posted on the Morton Storage and Concession Building as the meet progresses. They will also be emailed after the event and uploaded to MileSplit.

**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 or the far east side of the infield. Locker rooms are not available. Restroom is located in the building in the parking lot south of the track. Portable restrooms are also available.

**Official:** Jill Bradley

**Trainer:** The trainer will be available on site, most likely in the training room at 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:** No team scores kept

**Awards:** None

**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:**

Check in at the field event

- **High Jump**
  - Girls on East Pit, Five Alive format, starting height TBD at coaches meeting
  - Boys on West Pit, Five Alive format, starting height TBD at coaches meeting
- **Pole Vault**
  - Girls on North Pit, most likely Five Alive format, starting height TBD at coaches meeting
  - Boys on South Pit, most likely Five Alive format, starting height TBD at coaches meeting
  - Bring a copy of weight verification form to the event
- **Long Jump**
  - Boys on West Pit, 3 or 4 jumps depending on the number of entries, no finals, open pit for 1 hour 15 minutes or longer if entries dictate. This event could also be run in flights if entries dictate.
  - Girls on East Pit, 3 or 4 jumps depending on the number of entries, no finals, open pit for 1 hour 15 minutes or longer if entries dictate. This event could also be run in flights if entries dictate.
  - Piggyback jumps (suggested) 1 & 2 then 3 & 4
- **Triple Jump** (approx. 5:45) 15 minutes after long jump is completed
  - Boys on West Pit, 3 or 4 jumps depending on the number of entries, no finals, open pit for 1 hour or longer if entries dictate
  - Girls on East Pit, 3 or 4 jumps depending on the number of entries, no finals, open pit for 1 hour or longer if entries dictate
  - Piggyback jumps (suggested) 1 & 2 then 3 & 4
- **Shot Put**
  - Girls First followed by Boys, 3 or 4 throws depending on the number of entries, no finals, flights of approx. 8-10
- **Discus**
  - Boys First followed by Girls, 3 or 4 throws depending on the number of entries, no finals, flights of approx. 8-10

#### **5:30 - Running Events:**

All races are timed finals

Girls will run first, followed by Boys

All events will be clerked at the North end of the straight away

- 100m / 110m High Hurdles
- 100m Dash
- 1600m Run
- 4x200m Relay
- 400m Dash
- 300m Hurdles
- 800m Run
- 200m Dash (Limit 8 per school)