

W.I.A.A.

2026 State Track & Field Championships

*June 5th & 6th, 2026
University of Wisconsin - LaCrosse
LaCrosse, Wisconsin*

Technical Manual

TABLE OF CONTENTS

1. GENERAL GUIDELINES
 - Extra Qualifying Marks
 - Extra Qualifiers
 - Field Event Check In
 - Spike Length
 - Changing Flights
 - Qualification to Finals
 - Finals Warm Up
 - Time Between Divisions
 - Coaches Box Locations
 - Event Coaches Meeting
 - Check Out Procedure
 - Check Out Guidelines
2. HORIZONTALS
 - Take Off Boards
 - Pits Diagram
 - Pre Event Warm Ups
3. VERTICAL JUMPS
 - Starting Heights
 - High Jump - Pre Event Warm Ups
 - Pole Vault - Pre Event Warm Ups
4. THROWS
 - Shot Put - Pre Event Warm Ups
 - Seated Shot Put
 - Discus - Pre Event Warm Ups
5. Venue Assignments

Extra Qualifying Marks

**To be posted here
on
Saturday,
May 30th**

Extra Qualifiers

**To be posted here
on
Saturday,
May 30th**

GENERAL FIELD EVENT GUIDELINES

CHECK-IN

All field event competitors MUST personally check-in, at the field event, prior to the start of Flight 1.

Any competitor not checked-in at their field event prior to the start of Flight #1, WILL BE DISQUALIFIED FROM THAT EVENT. (NFHS Rule 4.1.3, page 22)

SPIKE LENGTH

Maximum spike length is ¼”.

CHANGING FLIGHTS

Due to conflicting events, a coach can request switching flights, by emailing Field Referee Robt. O. Kern at kernro@yahoo.com, prior to the meet or on the day of the competition see the Throws Referees or the Jumps Referee.

QUALIFICATIONS to FINALS

10 Competitors will qualify for the Finals. All TIED for 10th Place will Qualify for the Finals.

FINALS WARM-UP

10 minutes of warm-up will be allowed between Trials & Finals, once the finalists have been announced. If all competitors are ready to begin the Finals can begin prior to the expiration of the 10 minutes.

TIME BETWEEN DIVISIONS

..... The next Division Event should not report to the venue until called by the Stadium Announcer.

At the conclusion of a Divisional Event, the next Division will be called via the Stadium Announcer. The Stadium Announcer will state the START TIME for the next event.

HORIZONTAL JUMPS will have 45 minutes allowed between events.

- 30 minutes of General Warm-Up
- 15 minutes of Flight Specific Warm-Ups

THROWS will have 30 minutes allowed between events.

- 15 minutes of General Warm-Up
- 15 minutes of Flight Specific Warm-Ups

HIGH JUMP will have 45 minutes allowed between events, once previous event has been completed.

POLE VAULT will have 60 minutes allowed between events, once previous event has been completed and poles have been checked.

COACHES BOX LOCATION

Each school with a competitor in the event is allowed one(1) WRIST BAND for a coach in the Coaches Boxes.

HORIZONTAL JUMPS - located outside of Lane 10 as an “Unrestricted Area”.

- Competitors may cross the track to confer with coaches

THROWS - located in the competition area as an “Unrestricted Area”

- Competitors will have a separate area from the Coaches Box
- Competitors may confer with their coach at the Coaches Box

HIGH JUMP - located outside of Lane 10 as an “Unrestricted Area”.

- Competitors may cross the track to confer with coaches

POLE VAULT - located in the competition area as an “Unrestricted Area”

- Competitors may confer with their coach at the Coaches Box

EVENT COACHES MEETING

After the conclusion of the Opening Ceremonies or after the Flight 1 Specific Warm-Up Period for subsequent or 2nd session events. Coaches Boxes “WRIST BANDS” will be handed out at the Coaches Meeting, **1 per each school with a competitor(s) in the event.** This wristband is an “Event Specific Colored Wrist Band” and allows the coach access to the event coaches box.

CHECK OUT PROCEDURE

1. Competitor must receive permission from the Head Event Judge.
2. The Head Event Judge will record the time.
3. The Head Event Judge may allow the competitor to take a trial/attempt out of turn before being excused.
4. Once excused, the Head Event Judge will wait to record the check out time until the competitor is called up for their next attempt in the competition order.

It is helpful, but not required, to ask the athlete what event they are checking out for, in order to assist athletes from checking out too early.

When an unusual circumstance, injury, rerun, awards presentation, etc occurs that will prolong the absence of an excused competitor, it shall be the competitor’s responsibility to communicate this to the Head Event Judge.

Note: Competitors should advise the Head Event Judge at check in that they are in another conflicting event. The appropriate Referee can then call Clerking to check the competitor in for a running event or contact the other field event they are competing on.

CHECK OUT GUIDELINES

GUIDELINES FOR A COMPETITOR WHO HAS BEEN EXCUSED FROM A FIELD EVENT TO COMPETE IN ANOTHER EVENT

1. The competitor must receive permission from the Head Event Judge.
2. The Event Judge must make note of the “check out” and record the TIME when the competitor’s name would be called for their next attempt. *(This begins the allowed check out time determined by the Games Committee)*
3. The Head Event Judge may allow the competitor to take a trial/attempt out of turn before being excused.
4. In the **THROWS and HORIZONTAL JUMPS**, if a competitor has failed to return in the allowed check out time:
 - The Head Event Judge will call the competitor’s name for a trial/attempt and if the competitor is NOT AVAILABLE, that attempt will be recorded as a FORFEIT.
5. In the **HIGH JUMP and POLE VAULT**, if the competitor has failed to return in the allowed check out time(check out time has expired):
 - The Head Event Judge will consider the remaining trials/Attempts as PASSED.
 - The crossbar will be raised to the next height.
 - The judge will automatically PASS the excused competitor to the new height.

Comment: Refer to Case Book 6.2.3 Situation D, E, F, and G pages 61-63.

Note: NFHS Rule 6.2.3, page 42

- a. Competitors excused to compete in another event shall not be called for a trial during the excused time.
- b. In the VERTICAL JUMPS, before the crossbar is raised, the Head Event Judge will PASS a competitor who has NOT returned within the designated time limit

* When an unusual circumstance, injury, rerun, awards presentation, etc occurs that will prolong the absence of an excused competitor, it shall be the competitor’s responsibility to communicate this to the Head Event Judge.

POLE VAULT VERIFICATION SHEETS

A copy of all 2026 State Qualifiers Verification Sheets must be emailed to Candace Ostertag costertag@wiaawi.org on Monday, June 1, 2026.

HORIZONTAL JUMPS

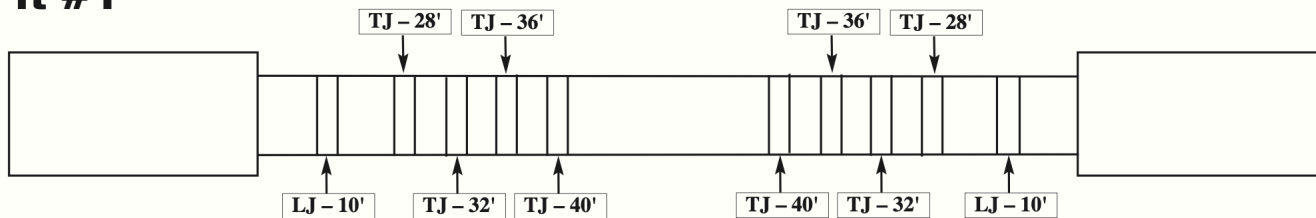
“TAKE-OFF” Boards

	Long Jump	Triple Jump			Long Jump	Triple Jump
Boys	10’	36’ & 40’		Girls	10’	28’ & 32’

TRACK

Pit #1

Pit #2



Pit #3

Pit #4



Pole Vault Runway

Pre Event Warm-Ups

	General Warm-Up	Flight #1 Specific Warm-Up	Opening Ceremonies	Final Instructions Coaches Meeting
Friday Morning	8:30 - 9:05 a.m.	9:05 a.m. *	9:20 a.m.	9:25 a.m.
Friday Afternoon	2:30 - 3:05 p.m.	3:05 p.m. *	3:20 p.m.	3:25 p.m.
Saturday Morning	9:00 - 9:35 a.m.	9:35 a.m. *	9:50 a.m.	9:55 a.m.

* All Coaches & Managers MUST "Leave the area". ***ONLY competitors in the event may remain in the infield.***

* During Flight Specific Warm-Ups ***Coaches are NOT ALLOWED in the infield.***

* ***Coaches are NOT ALLOWED in the infield during Finals Warm-Ups.***

VERTICAL JUMPS

STARTING HEIGHTS - To be posted Saturday, May 30th

	Pole Vault	High Jump		Pole Vault	High Jump
Division 1 Boys				Division 1 Girls	
Division 2 Boys				Division 2 Girls	
Division 3 Boys				Division 3 Girls	

HIGH JUMP - Pre Event Warm-Ups

	Warm-Up	Opening Ceremonies	Final Instructions Coaches Meeting "Venue Prep"
Friday Morning	8:30 - 9:20 a.m.	9:20 a.m.	9:25 a.m.
Friday Afternoon	2:30 - 3:20 p.m.	3:20 p.m.	3:25 p.m.
Saturday Morning	9:00 - 9:50 a.m.	9:55 a.m.	10:00 a.m.

POLE VAULT - Pre Event Warm-Ups

	Warm-Up	Opening Ceremonies	Final Instructions Coaches Meeting "Venue Prep"
Friday Morning	8:30 - 9:55 a.m.	(9:20 a.m.)	9:55 a.m.
Friday Afternoon	2:30 - 3:40 p.m.	(3:20 p.m.)	3:40 p.m.
Saturday Morning	8:30 - 9:50 a.m.	9:55 a.m.	10:00 a.m.

THROWS

SHOT PUT: Pre Event Warm-Ups

	General Warm-Up	Flight #1 Specific Warm-Up	Opening Ceremonies	Final Instructions Coaches Meeting
Friday Morning	8:50 - 9:05 a.m.	9:05 a.m.	9:20 a.m.	9:25 a.m.
Friday Afternoon	3:05 - 3:20 p.m.	3:25 p.m.	(3:20 p.m.)	3:40 p.m.
Saturday Morning	9:05 - 9:20 a.m.	9:35 a.m.	9:50 a.m.	9:55 a.m.

SEATED SHOT PUT: COED WHEELCHAIR

To follow the Division 3 Girls Shot Put in the Friday Afternoon Session.

DISCUS: Pre Event Warm-Ups

	General Warm-Up	Flight #1 Specific Warm-Up	Opening Ceremonies	Final Instructions Coaches Meeting "Venue Prep"
Friday Morning	8:50 - 9:05 a.m.	9:05 a.m. *	9:20 a.m.	9:25 a.m.
Friday Afternoon	2:50 - 3:05 p.m.	3:05 p.m. *	3:20 p.m.	3:25 p.m.
Saturday Morning	8:50 - 9:05 a.m.	9:05 a.m. *	(9:55 a.m.)	9:25 a.m.

VENUE ASSIGNMENTS:**Friday, June 5, 2026 - AM Session**

Time	Event	Venue
9:30 am	Discus Cage - Venue #1	Discus Venue
	Long Jump....D-1 Girls	3 or 4
	Triple Jump...D-1 Boys	1 or 2
	High Jump....D-1 Girls	TBD
10:00 am	Pole Vault....D-1 Boys	Middle
11:00 am	Shot Put....D-1 Girls	Shot Put #1

Friday, June 5, 2026 - PM Session #1

Time	Event	Venue
3:30 pm	Discus Cage - Venue #1 D-3 Boys (D-2 to follow)	Discus Venue
	Long Jump....D-3 Girls (D-2 Girls to follow)	3 or 4
	Shot Put D-2 Girls (D-3 to follow)	
	Triple Jump ... D-2 Boys (D-3 Boys to follow)	1 or 2
	High Jump....D-2 Girls	West
	High Jump....D-3 Girls	East
3:45 pm	Pole Vault....D-2 Boys	Middle
3:45 pm	Pole Vault....D-3 Boys	N or S

Saturday, June 6, 2026

Time	Event	Venue
9:30 am	Discus....D-3 Girls <i>(D-2 to follow)</i> <i>(D-1 to follow)</i>	#1
10:00 am	Long Jump....D-1 Boys	#2
	Long Jump....D-3 Boys <i>(D-2 to follow)</i>	#1
	High Jump....D-2 Boys	East
	High Jump....D-3 Boys	West
	High Jump D-1 <i>(to follow after completion of D-2 & D-3)</i>	TBD
	Shot Put D-1 Boys <i>(D-3 to follow)</i>	#1
	Triple Jump...D-1 Girls	#4
	Triple Jump...D-2 Girls <i>(D-3 to follow)</i>	#3
	Pole Vault D-1 Girls	Middle
	Pole Vault D-3 Girls	N or S