

THREE RIVERS CONFERENCE TRACK MEET

Participating Teams: Aquinas, Holmen, Lincoln, Logan, Longfellow, Onalaska, Sparta, Tomah, Westby, West Salem, and Winona

DATE: Thursday, May 17, 2018

HOST SCHOOL: Holmen

SITE: Empire Stadium, Holmen High School

We would like to welcome you to this year's Three Rivers Conference meet hosted by Holmen. We are excited and looking forward to hosting this meet. We have included meet information, meet guidelines and due dates.

Note: Rain date is scheduled for Friday, May 18, 2018.

ENTRIES::

Online Entry Forms will be open until Noon on Wednesday, May 16.

(If your entries are not received by this time, your athletes will have to be placed into the slower heats of every race)

- Coaches must complete entries through DirectAthletics at www.directathletics.com:
- **Click on Upcoming Events and find the Holmen MS Track Meet on May 17 , 2018.**
- When entering relays, we just need the race (400, 800, etc.) and a seed time. We do not need the athlete names.
- **Seeded heat sheets will be posted at <http://www accuracetiming.com> on Wednesday, May 16 by 3:00pm.**
- **Results for the meet will be posted live and after the meet by Accurace Timing at...<http://www accuracetiming.com/schedule.html>**

ENTER:

Regular season rules will apply with the following additions:

- Twenty four entries per school, one relay entry per school. A school cannot enter more than three (3) athletes in any event.
- One false start warning will be given to the field: any false start thereafter will lead to an individual's disqualification.

COACHES MEETING:

There will be a coaches meeting held at 4:00pm sharp or sooner if all teams are present. Changes will be allowed to be made on meet day, but you will only be allowed to replace an athlete in the same heat and lane. We will not change heats and seeding at the coaches meeting. The coaches meeting will be held at the finish line inside the track (if rain it will be held in the press box).

FIELD EVENTS:

Field events will begin at 4:30pm sharp.

HIGH JUMP:

We will be running two high jump pits. Girl's high jump will begin with the starting height being 3'10". Boy's starting height will start at 4'4".

LONG JUMP:

We will be running all boys and girls long jumpers on one long jump pit. This will be run cafeteria style. Athletes will be given 4 attempts. All jumps will need to be completed by 6:45pm.

TRIPLE JUMP:

We will be running all boys and girls triple jumpers on one triple jump pit. This will be run cafeteria style. Athletes will be given 4 attempts. All jumps will need to be completed by 6:45pm.

SHOT PUT:

We will run two shot put rings and will have boys on one and the girls on the other. We will throw cafeteria style. Athletes will be given 4 attempts. All throws will need to be completed by 6:45pm.

DISCUS:

Both boys and girls will throw at the same discus ring. We will throw cafeteria style. Athletes will be given 4 attempts. All throws will need to be completed by 6:45pm.

NOTE: Once field events begin at 4:30pm, no practice throws or jumps will be allowed.

***SPIKES may be used, but they must be no longer than ¼ inches. 5 mm pyramid spikes are acceptable along with pin spikes.

RUNNING EVENTS:

Running events will begin at 4:40pm sharp with the girls races first, followed by the boys races.

***Slowest heats will be run first followed by the faster heats

100 Meter Low Hurdles (5 Hurdles)

100 Meter Run

1600 Meter Run

4 x 200 Meter Relay

400 Meter Run

4 x 100 Meter Relay

200 Meter Low Hurdles (6 Hurdles)

800 Meter Run

200 Meter Run

4 x 400 Meter Relay

NOTE:

- **The infield will be off limits to all athletes and coaches.** Athletes are asked to warm up outside the track. Only high jump participants should be on the infield. All running event participants are to report in on the north end of the track. **At check in, the athletes will be given a hip number - they will need to place this hip number on their left outside hip. All uniform tops must be tucked in so the camera can accurately read the hip number. Coaches, please review this process with your athletes.** After running events, athletes will be asked to exit the track by using the finish line gate.
- We will have full concessions available at the meet. Please let your athletes know.
- Teams are asked to make camp outside the track. You could camp on the bleachers across from the press box, on north or south of the press box bleachers, or in the press box bleacher themselves.

- Restrooms will be available as you enter Empire Stadium. There should be no reason to enter Holmen High School unless a weather delay occurs.

We look forward to a fun and exciting meet to finish off the 2018 track season. Again, entries are due no later than noon **Wednesday, May 16, 2018** to avoid the slower heats.

Questions? Please email lanmat@holmen.k12.wi.us or call Matt Langreck at 608-526-3391 Ext. 5905