



Baraboo Athletics
Baraboo High School
1201 Draper Street
Baraboo, WI 53913
Phone (608) 355-3945 Fax (608) 355-3962
Jim Langkamp-Activities Director



We welcome you to the **59th Annual Baraboo Relays on Friday, May 2nd**. We are looking forward to hosting and having your athletes compete at our facility. This year's competing teams include: **Baraboo, Beaver Dam, Columbus, Madison LaFollette, Reedsburg, Sauk Prairie, Tomah, and Wisconsin Dells.**

Entries:

We will be using site for entries: <https://wi.milesplit.com/>
Deadline is Noon on Thursday, May 1st.

Entry fees are \$260 which includes boys and girls.

Questions to Julie Faylona at: jfaylona@barabooschools.net

Or Joe Becraft at: gbecraft@barabooschools.net

Admissions: Please inform your parents/spectators that admission tickets are purchased through Just A Game Ticket Sales and are \$5. [2025 Baraboo Relays Admission Tickets](#)
If admission is purchased at the gate, no cash will be accepted (credit or debit only.)

Please advise the following:

- Athletes may be entered in no more than 4 events.
- ¼" pyramid spikes are allowed
- One entry in the 100m dash and the 3200m run.
- Scoring: All Events: 10-8-6-5-4-3-2-1

Awards:

- Commemorative Medals to 1st, 2nd, 3rd place
- Team plaque to meet champion

Exchange Zone Coverage, Jury of Appeals, and EAP- covered at 3:45 coaches' meeting in press box

Coaches – Please have your bus drivers drop athletes off in the bus lane on Draper Street, which is adjacent to the track. Advise your drivers to park on a residential street just east of the athletic complex. Our bus lane has to be completely open from 3:15 until 3:50 for our students' departure. Buses can park in the high school parking lot after that time. Thank you for your cooperation.

Best of luck with your season!

Julie Faylona
Girls Track Coach
jfaylona@barabooschools.net

Joe Becraft
Boys Track Coach
gbecraft@barabooschools.net

Specific Event Information:

- **Field event teams** will consist of **3 athletes** except the **pole vault** which will have **2 athletes**. In the shot, discus, triple jump and long jump, all competitors will be allowed four attempts. No Finals
- Starting height in the pole vault will be **8'0" for boys** and **6'0" for girls**. The 1st increment will be one foot with 6" increments to follow. Athletes will have 3 attempts per height. For opening height and 2nd increment, athletes will be required to take 3 consecutive attempts. This is to help speed these events along
- Starting height in the high jump will be **4'2" for the girls** and **4'10" for the boys**. Two inch increments with 3 attempts per height. For opening height and 2nd increment, athletes will be required to take 3 consecutive attempts.
- **HURDLE SHUTTLE AND THROWERS SHUTTLE**
 - When registering for the hurdle shuttle and throwers shuttle, the online registration lists 4 entries; however, only 3 athletes run
 - For both shuttle relays, there will be cones at a 4' exchange point. The incoming runner must break that line with their torso before the outgoing runner can start.
- **Throwers Shuttle**
 - All teams will qualify. The 3 runners MUST have thrown at this meet
- **DISTANCE MEDLEY (400, 800, 1200, 1600)**
 - 1st runner (400) will stay in their lane the entire way
 - 2nd runner (800 runner) will stay in their lane through the first curve and cuts in at the cones/ cut in line
 - 3rd and 4th runners (1200, 1600) will have sliding exchanges
- **SPRINT MEDLEY (200, 200, 400, 800)**
 - Both 200 runners will stay in their lanes the entire way
 - 400 runner will start in the RED exchange zone and stays in their lane the entire way
 - 800 runner cuts in IMMEDIATELY after the exchange
- **4x100 Mixed Relay:**
 - Must be Underclassmen, Freshmen/ Sophomore
 - Must be in this order- Girl, Boy, Girl, Boy

If your athletes would like to purchase a Baraboo Relays T-shirt, use the following link. All team's shirts will be packaged together and available for coaches to pick up in the press box.

Baraboo Relays 2024 Online Store is now open at
<https://justagameimpressions.chipply.com/baraboorelays2024/>.

Store closes Thursday April 18th at midnight

ORDER OF EVENTS

3:45 Coaches' Meeting in Press Box

*Time schedule is predicted race time

We will run ahead if possible to beat the storm

MEET START- 4:00 Field Events, 4:15 Running Events

4:00	FIELD EVENTS:	Boys Pole Vault	Girls High Jump
		Boys Discus	Girls Shot
		Boys Triple Jump	Girls Long Jump

Girls Long Jump/ Boys Triple Jump- Open Pit

4:00- 4:50 Flight 1

5:05- 5:55 Flight 2

Girls Triple Jump/ Boys Long Jump- Open Pit

6:10-7:00 Flight 1

7:15-8:05 Flight 2

4:15 4 x 800 Relay- Girls

4:30 4 x 800 Relay- Boys

4:40 100 Meter Dash- Girls (one entry)

5:45 100 Meter Dash- Boys (one entry)

5:50 High Hurdle Shuttle - Girls (3 hurdlers)

5:00 High Hurdle Shuttle - Boys (3 hurdlers)

5:15 4 x 200 Relay- Girls

5:25 4 x 200 Relay- Boys

5:35 Distance Medley Relay-Girls (400, 800, 1200, 1600)

5:55 Distance Medley Relay-Boys

6:15 Sprint Medley Relay-Girls (200, 200, 400, 800)

6:25 Sprint Medley Relay-Boys

6:35 4x100 Relay-Girls

6:40 4x100 Relay-Boys

6:45 4x100 Relay-Mixed (Girl, Boy, Girl, Boy)

6:50 3200 Meter Run-Girls and Boys together (one entry each)

7:05 *****Special Presentation***** Honoring a noteworthy BHS alumni

7:25 Throwers Shuttle-Girls

7:35 Throwers Shuttle-Boys

7:45 4 x 400 Relay-Girls

7:50

4 X 400 Relay-Boys