



19th Annual Bulldog Relays
Monday, April 25th, 2016
Sparky Reynolds Memorial Track

Participating Teams:

Belmont, Benton, Boscobel, Cashton, Cassville, Fennimore, Hillsboro, Ithaca, North Crawford, Riverdale

Entry Limits:

- Wisconsin high school rules apply to the number of events an individual athlete competes in.
- High Jump & Pole Vault – 2 Jumpers per school
- Long Jump & Triple Jump – 3 Jumpers per school
- Discus & Shot – 3 Throwers per school
- Relays – 1 Relay per school

Entry Deadline:

DirectAthletics.com will be handling online entries. <http://www accuracetimeing.com/schedule.html>
Registration will begin on **Monday, April 18th**. Online entries will close on **Saturday, April 23rd at 11:59 am**.
For questions related to online entries, please contact Clark Jillson at AccuRace Timing, chvjillson@aol.com

Start time:

Coaches Meeting – 4:00pm
Field Events – 4:30pm
Races – 4:30pm

Meet Officials:

Bill Massey – Starter
Tom McKenna - Starter
Kathy Larsen – Referee

Scoring:

10-8-6-5-4-3-2-1

Entry Fee:

\$115 per school

Awards & Trophies:

Team trophies to first and second for both boys and girls. Medals 1-3
One Team Sportsmanship trophy will also be awarded
4x100m Relay (*Coaching*) will receive a trophy as well

Pole Vault Verification Form:

All schools must supply a pole vault verification form at check-in. This form is located at the following website: http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf

Implement Weigh-ins:

Implement weigh-ins will take place near the weight room (shot and discus area) at 4:15pm

Facility:

Sparky Reynolds Memorial Track at Boscobel High School, located along Wisconsin Avenue. The track is 8 lanes – Sealflex. ¼” spikes allowed (prefer 3/16”) for the track, approaches, and runways. Flats only on pads.

Bus Parking:

Buses must park in the Kronsage parking lot (Southwest end of the track/football field)

Gate Information:

\$3.00 (no charge for children under 5) *Concessions available*

Coaching Staff:

Mark Ekiss – Head Track Coach

Questions:

If you have further questions or concerns, please call or email:
Joey Martin, AD at (608)375-4161 or martjoey@boscobel.k12.wi.us

Meet Manager:

Grant Reynolds – Track Coach

SCHEDULE OF EVENTS *(Tentative)*

| <i>Field Events</i> | | |
|----------------------------|------------|---|
| <u>Time</u> | <u>B/G</u> | <u>Event</u> |
| 4:30pm | G | Shot Put: 4 Throws; No finals |
| | B | Shot Put: 4 Throws; No finals |
| 4:30pm | G | High Jump: No finals |
| | B | High Jump: No finals |
| 4:30pm | B | Pole Vault: No finals |
| | G | Pole Vault: No finals |
| 4:30pm | B | Discus: 4 throws; No finals |
| | G | Discus: 4 throws; No finals |
| 4:30-6:45pm | B/G | Triple Jump & Long Jump: Open Pit; 4 jumps; No finals |

| <i>Running Events</i> | | |
|------------------------------|------------|---|
| <u>Time</u> | <u>B/G</u> | <u>Event</u> |
| 4:30pm | G | 4x1600 Meter Relay |
| | B | 4x1600 Meter Relay |
| | G | 4x400 Meter Relay |
| | B | 4x400 Meter Relay |
| | G | 4x100 Meter Relay |
| | B | 4x100 Meter Relay |
| | G | 3x100 Meter Shuttle Hurdle Relay |
| | B | 3x110 Meter Shuttle Hurdle Relay |
| | G | 4x800 Meter Relay |
| | B | 4x800 Meter Relay |
| | CO-ED | 4x100 Meter (Thrower's Relay) (G-G then B-B) |
| | | <i>(Must be a regular thrower)</i> |
| | G | 4x200 Meter Relay |
| | B | 4x200 Meter Relay |
| | G | 3x300 Meter Shuttle Hurdle Relay <i>(Times Added)</i> |
| | B | 3x300 Meter Shuttle Hurdle Relay <i>(Times Added)</i> |
| | G | Distance Medley (800, 400, 400, 1600) |
| | B | Distance Medley (800, 400, 400, 1600) |
| | G | Sprint Medley (100, 100, 200, 400) |
| | B | Sprint Medley (100, 100, 200, 400) |
| | CO-ED | Coaches/Parents 4x100 Meter Relay |
| | | <i>(Must have at least 1 female, and each relay member must be a coach or parent of an athlete competing today)</i> |

*****SCHEDULE IS ROLLING *****

--Results will not be printed. Visit www accuracetimeing.com/ or www directathletics.com/ Results will be available ASAP following the final event.

STARTING LINES & EXCHANGE ZONES

4 x 100m Relay: Starting Line = Staggered White (Lanes Entire Race)
EXCHANGE ZONE: All runners--YELLOW TO YELLOW

4 X 200m Relay: Starting Line = Staggered Red (Lanes Entire Race)
EXCHANGE ZONE: Runner 1-2--RED TO RED
Runner 2-3--RED TO RED
Runner 3-4--YELLOW TO YELLOW

4 X 400m Relay: Starting Line = Staggered Blue
Runner 1--Lanes Entire Race
Runner 2--Lanes to Break Line
EXCHANGE ZONE: Runner 2--BLUE TO BLUE,
Runner 3 & 4 -- GREEN TO GREEN

4 X 800m Relay: Starting Line = Staggered Green
Runner 1--Lanes to Break Line
Runners 2, 3, 4--Break to Lead
EXCHANGE ZONE: All Runners -- GREEN TO GREEN

4 x 1600m Relay: Starting Line = Waterfall
Runner 1, 2, 3, 4--Break to Lead
EXCHANGE ZONE: All Runners -- GREEN TO GREEN

Sprint Medley: Startling Line = Staggered White
(100, 100, 200, 400) Runners 1, 2, & 3 --- Lanes Entire Race
Runner 4 — Break to Lead
EXCHANGE ZONE: Runner 1-2--YELLOW TO YELLOW
Runner 2-3--YELLOW TO YELLOW
Runner 3-4--GREEN TO GREEN

Distance Medley: Starting Line = Staggered Green
(800, 400, 400, 1600) Runner 1 - Lanes to Break Line
Runner 2, 3, 4 -- Break to Lead
EXCHANGE ZONE: All Runners – GREEN TO GREEN