



Black River Falls MIDDLE SCHOOL TRACK MEET

May 2, 2025

Teams: Arcadia, Black River Falls, Mel-Min

Cost: **Entry Fee:** \$100 per school

Checks can be brought to the meet or mailed to: 301 N 4th St, Black River Falls, WI 54615

Time: Coaching Meeting: 3:45 pm
Field Events: 4:00 pm
Running Events: 4:15 pm

Registration: **Online Entries:** Entries will be through Athletic.net

Entry Deadline is Thursday, 1st, noon.

Entry Limitations: Five entries allowed for: individual running events, Long Jump, Triple Jump, High Jump, Shot, and Discus. Two relay entries per relay event.

Concessions: Available throughout the meet.

Each athlete is limited to 4 events (no more than 3 running events or 3 field events).

Equipment/ $\frac{1}{4}$ inch spikes

Event Details: Girls Shot = 6lb Boys Shot = 8lb

Girls and Boys Discus = 1K

Starting Height Girls HJ = 3'3"

Starting Height Boys HJ = 3'6"

Girls and Boys Hurdle Height = 30"

Long Jump, Triple Jump, and Throws will have 3 attempts. No finals.

Meet Contacts:

Steve Hoeschele - MS Track Coach

SHoeschele@lundaconstruction.com

Susannah Zblewski- MS Track Coach

susannah.zblewski@brf.org

Andy Osegard - Activities Director

andrew.osegard@brf.org



Black River Falls

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Order of Events:

Field Events:

High Jump - girls first, followed by boys
Long Jump - girls first, followed by boys
Triple Jump - boys first, followed by girls
Shot Put - girls first, followed by boys
Discus - boys first, followed by girls

Running Events:

100 Meter Hurdles
100 Meter Dash
1600 Meter Run
800 Meter Relay (200-200-200-200)
400 Meter Dash
400 Meter Relay (100-100-100-100)
800 Meter Dash
200 Meter Dash
1600 Meter Relay (400-400-400-400)

Girls heats first, followed by boys.