

DARLINGTON HIGH SCHOOL

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AARON LANCASTER, HIGH SCHOOL PRINCIPAL

Thomas Uppena
High School Counselor

Kurt Cohen
Activities Director

Darlington Invitational Track Meet Monday, April 22, 2019 – 4:00 PM

Schools Participating: Albany, Benton/Scales Mound/Shullsburg, Black Hawk, Dodgeville/Mineral Point, Pecatonica/Argyle, Southwestern, Stockten-Warren

The purpose of this meet is to allow as many individuals as possible from each school to compete, rather than a team-oriented meet. The following guidelines will be followed.

- 1) The regular WIAA events, order of events, and rules for competition will be used, except in the number of entrants from each school. Each school can enter as many people in each individual event as they wish, but due to time, **please use good judgment for lane races and field events**. Each school can enter more than one relay team from their school.
- 2) Entries will be done online through directathletics.com. You can go to that website directly or go through our timing website accuracetiming.com. We must have times and distances for all athletes in all events. Entries are due by Monday April 22, 2019 at 10:00 AM. Due to the late deadline for entries there will be **scratches only** at the meet.
- 3) Competitors will use the gates at the **north (scoreboard) end** of the track to report to the Clerk of Course and to get to the throwing areas.
- 4) **Only Competitors and officials** are allowed inside the fence after the meet starts.
- 5) **AWARDS-Medals** will be given to the top three finishers in each event. A plaque will be awarded to the “**Best Performance**” male and female as decided by the games committee.
- 6) **Trials** will be held in the 100 meter dash **ONLY AND WILL BE ADVANCING ON TIME ONLY**. The other running events will be finals only.
- 7) The meet will start at **4:00 PM** with the field events and the 100 meter dash trials. The rest of the running events will follow in normal order. Please note: The **4 x 800m relay** will be run immediately after the 100m trials.
- 8) **Boys** will go first in the discus and pole vault. **Girls** will go first in the shot put and high jump. The long jump and triple jump will be open pit for the boys and girls from 4:00 to 6:00. The long jumpers use the **east** runway and the triple jumpers use the **west** runway. Due to the number of anticipated jumpers in the long and triple jump, jumpers will get **three jumps and no finals**. Shot put and discus will have **three throws and no finals**.
- 9) Starting height for the high jump is: **Boys-4’10” and Girls-3’10”**. The starting height for the pole vault is **Boys-7’0” and Girls-6’0”**.
- 10) **Exchange Zone:**
4x200 1/3-BSMS/Darlington, 2-Starter
4x100: 1-Dodge Point/Albany, 2-Stockton-Warren/Black Hawk,
3-Pec/Argyle/Southwestern

Questions: Call 608-776-4001(School); 608-482-0450 (cell) or Email: reichlingp@darlington.k12.wi.us
Pat Reichling, Track Coach, Darlington High School

Order of Events

4:00 PM: Boys Discus followed by Girls Discus
Girls Shot Put followed by Boys Shot Put
Boys Pole Vault followed by Girls Pole Vault
Girls High Jump followed by Boys High Jump
Open Pit for Boys and Girls in Long Jump
Open Pit for Boys and Girls in Triple Jump

4:00 PM: 100 Meter Dash (Girls)
100 Meter Dash (Boys)
4x800 Meter Relay (Girls)
4x800 Meter Relay (Boys)
100 Meter High Hurdles (Girls)
110 Meter High Hurdles (Boys)
100 Meter Dash (Girls)
100 Meter Dash (Boys)
1600 Meter Run (Girls)
1600 Meter Run (Boys)
4x200 Meter Relay (Girls)
4x200 Meter Relay (Boys)
400 Meter Dash (Girls)
400 Meter Dash (Boys)
4x100 Meter Relay (Girls)
4x100 Meter Relay (Boys)
300 Meter Low Hurdles (Girls)
300 Meter Intermediate Hurdles (Boys)
800 Meter Run (Girls)
800 Meter Run (Boys)
200 Meter Dash (Girls)
200 Meter Dash (Boys)
3200 Meter Run (Girls)
3200 Meter Run (Boys)
1600 Meter Relay (Girls)
1600 Meter Relay (Boys)