

# Fennimore Middle School Track and Field Invitational April 30<sup>th</sup>, 2024



When: **April 30<sup>th</sup>, 2024**

Participating Teams: Boscobel, Cassville, Cuba City, Dodgeville, Fennimore, Iowa Grant, Lancaster, Platteville, River Ridge and Southwestern.

All entries will be done online using Athletic.net. Entries must be entered online by **Monday, April 29th by 12:00 pm**. Only online entries will be accepted. Scratches can be made the day of the event until **3:45 pm**.

Entry Fee: \$100

If you have an questions or concerns please call or email: Jim Prochaska, AD, at (608) 822-3245 Ex. 3409 or [prochaskaj@fennimore.k12.wi.us](mailto:prochaskaj@fennimore.k12.wi.us).

Gate Information: Free admission. **Concessions will be available.**

Entry Limits: 4 athletes per event, 2 teams per relay, and unlimited in the 100. Only TWO high jumpers. No more than 3 events per athlete. (2 races, 1 field; 1 race, 2 field.)

**Relays count as running events.**

## **Start times:**

Coaches Meeting @ 3:40

Field Events @ 4:00

Races @ 4:15

## **Field Events:**

### **High Jump (Girls/Boys)**

Starting Heights: Girls 3'8" and Boys 4'0"

\*Limit 2 jumpers per gender.

### **Shot Put (Girls/Boys) and Discus (Boys/Girls)**

Boys will throw a 4K shot. Girls will throw a 6 lb shot. Only the provided shots will be used for competition.

You may bring your own shots to warm up.

Both events will consist of three throws, taken consecutively. Poly-spots will be used to mark throws, and the longest will be recorded. If two throws are very close, both can be measured. No finals.

### **Long (Boys/Girls) and Triple Jump (Girls/Boys)**

Open pit; three jumps. 5 entries per gender. Athletes may take all three jumps in a row. No finals. **No runbacks for marks at the meet. Athletes must come with a mark.** At check in, athletes will be given their number in the meet program. Please remind your athletes they need to remember that number to help the event move smoothly.

### **Pole Vault (Boys/Girls)**

Starting Height: 4' 6"

### **Running Events**

<b>Girls followed by boys.</b>
100 M Hurdles
100 M Dash
1600 M Run
800 M Relay
400 M Dash
400 M Relay
800 M Run
200 M Dash
400 M Relay (Throwers)
1600 m relay

### **Awards**

Coaches may collect awards at the track shed at the conclusion of the meet located at the west end of the track.

### **Results**

Results will be posted at <http://accuracetiming.com>.

Bathrooms are located in the lower part of the high school, near the baseball field.