



## 2024 GRIT (Greater Richland Invitational Track) Meet Monday, April 29, 2024

### **Participating Teams:**

Adams Friendship, Hillsboro, Richland Center, Wauzeka-Steuben and Wonewoc Center

### **Entry Limits:**

28 entries with no more than 3 per event and one relay team per school.

### **Entry Deadline:**

Only online entries will be accepted. Online entries will close on **SUNDAY APRIL 28, 2024 at 11:59 AM**. Entries will be through MileSplit at [wi.milesplit.com](http://wi.milesplit.com). For questions related to online entries, please contact Clark Jillson at AccuRace Timing, [chvjillson@aol.com](mailto:chvjillson@aol.com)

**Start time:** 4:00 pm

**Scoring:** 10-8-6-5-4-3-2-1

**Entry Fee:** \$150 for 1 boys and girls team

### **Facility:**

The track is 9 lanes --- The Track is Sealflex. ¼” spikes allowed (prefer 3/16”) for the track, approaches, and runways. Flats only on pads. Richland Center High School address is 1996 US-14 Richland Center WI 53581

### **Bus Parking:**

Buses must park in the bus parking --- Across from parking lot C near the high school. No buses in the stadium parking lot after the team is dropped off.

### **Awards and Trophies:**

Medals awarded to first place in each event, trophies for first place girls and first place boys teams. They will be handed out in the Press box at the end of the meet.



**Coaches' Meeting:**

Coaches' meeting will take place in the team room connected to the concession stand 30 minutes prior to the start of the meet. Scratches can be made prior to the start of the meet.

**Jury of Appeals:** Knight Wynn, Jeff Ladwig, Hillsboro, Richland Center, Wauzeka-Steuben

**Camp Areas:**

Please keep your areas clean. Please make camps in the grassy area outside of the fence or behind the bleachers.

**Pole Vault:** All schools must supply a pole vault verification form (Week 40) at check-in. This form is located at the following website:

[http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf\\_pvweight.pdf](http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf) .

**Implement Weigh-ins:**

Implement weigh-ins will take place in the team room behind the concession stand

**Running Events:**

Check-in with the Clerk of Course near the start of the 100-dash line. Hip numbers provided at the 100-yard dash line outside of the gate. Look for the tent.

**Gate Information:**

Admission = \$5.00 (no charge for children under 6) Senior passes honored.

**Concessions:** Concessions will be available

**Questions:**

If you have further questions or concerns, please call or email:

**Laura Selgeby**, Athletic Director, (608)649-4483 [sell@richland.k12.wi.us](mailto:sell@richland.k12.wi.us)

OR

**Fran Ewing**, RC Head Track Coach, [ewif@richland.k12.wi.us](mailto:ewif@richland.k12.wi.us)



### Order of Events

DISCUS- Boys/Girls	<b>3 Throws NO FINALS</b>	
SHOT PUT-Girls/Boys	<b>3 Throws NO FINALS</b>	
LONG JUMP Girls/Boys	<b>4 Jumps NO FINALS</b>	
TRIPLE JUMP Boys/Girls	<b>4 Jumps NO FINALS</b>	
POLE VAULT- Boys/Girls	<b>Starting Height 8' / 6'</b>	<b>4 Jumps NO FINALS</b>
HIGH JUMP-Girls/Boys	<b>Starting Height 4'5'</b>	<b>4 Jumps NO FINALS</b>
4 X 800 Relay Girls / Boys		
100M Trials Girls / Boys		
100/ 110M High Hurdles Trial		
100M Finals Girls / Boys		
100/110M High Hurdles Finals		
1600M Girls/ Boys		
4 x 200M Relay Girls/ Boys		
400M Girls/ Boys		
4 X 100M Relay Girls/ Boys		
300M Hurdles Girls		
300m Hurdles Boys		
800M Girls / Boys		
200M Girls/ Boys		
3200M Girls/ Boys		
4 x 400M Relay Girls/ Boys		



**Results:**

Live, real-time results provided at [www accuracetiming.com/](http://www accuracetiming.com/)

Results will not be printed.

**Exchange Zones:**

4x100

- #1 Incoming Wauzeka-Steuben - Outgoing Platteville;
- #2 Incoming Fennimore - Outgoing Wonewoc-Center ;
- #3 Incoming Richland Center - Outgoing Riverdale

4x200

- #1 and #3 Incoming Necedah; Outgoing River Valley
- #2 Incoming Officials - Outgoing Hillsboro