



**West Dairyland Conference Meet  
Hosted by Independence High School  
Independence, WI 54747  
Thursday, April 19<sup>th</sup>, 2018**

- Teams:** Alma-Pepin, Cochrane Fountain City, Eau Claire Immanuel, Eleva-Strum, Independence-Gilmanton
- Time:** Coaches meeting will be held at 4:15, field events begin at 4:45 and running events at 5:15.  
Girl's Shot Put followed by boys  
Girl's Pole Vault followed by boys  
Boy's Discus followed by girls  
Boy's (West Pit) and Girl's (East Pit) high jump, long jump and triple jump
- 4 jumps and throws – no finals
  - Opening heights will be determined after entries are submitted
- Entries:** Timing will be through AccuRace Timing Services. Entries will be made through DirectAthletics at [www.directathletics.com](http://www.directathletics.com) with an entry deadline set for Noon on April 17th.
- WIAA format (4 events maximum, but not all can be running or all field)
- Facility:** Meet will be held at the **Independence High School** athletic facilities. Rubberized track surface and jumping facilities. CHALK ONLY- no tape for markings
- Spikes:** 1/8 inch pyramids only- **no needle spikes** (we will be checking spikes)
- Scoring:** All events will be scored as follows 8-6-4-2-1 (Individual) 8-6-4-2 (relay)
- Contacts:** Jeff Ruhland - Athletic Director, Independence High School  
(715) 985-3172 Ext. 136 or [ruhlandj@indps.k12.wi.us](mailto:ruhlandj@indps.k12.wi.us) (School)
- Cheyenne Steiner – Track & Field Coach, Independence School District (715) 985-3172 Ext. 167 (School)