

55<sup>th</sup> Running of the Knights of Columbus Relays  
Saturday 27 April 2024  
Veterans Memorial Stadium

**Start Time:** There will be a coaches' meeting at **9:00 AM** in the **South locker room** at Veterans Stadium. The national anthem will be at **9:45 AM**. **Running Events and Field Events will start at 10:00 AM. Girl's discus will begin at 9:30 AM. Girls will go first in Discus**

Enter the meet: Entries will be done through MileSplit at [wi.milesplit.com](http://wi.milesplit.com).

Athletes will not be sectioned by large school/small school affiliation but will be assigned by seed times, heights, and distances. This allows the best to compete against the best.

**Entry limitations: We will use the same entry policy as for Wisconsin regionals and sectionals:**

1) One entry in each relay event 2) 28 individual event entries 3) A maximum limit of three in any individual event.

**Entries open:** Wednesday, April 17 @ 12:00 am / **Entries close:** Thursday, April 25 @ 12:00 PM.

**Large Division School:** Ashland, Franklin, Hayward, Holmen, La Crosse Central, La Crosse Logan, Onalaska, West Salem, Winona

**Small Division Schools:** Adams Friendship, Aquinas, Arcadia, Bangor, Blair Taylor, Cadott, Cashton, Kickapoo, LaCourte Oreille Ojibwe, Mauston, Prairie Du Chien

Entry Fees for teams: \$150 per gender / \$300 for both genders.

Entry Fees for individuals: \$10 per individual / \$20 per relay team.

Heat Sheets will be posted on [www accuracetimeing.com](http://www accuracetimeing.com), by Friday April 26, 2024.

Clerking: Report to the clerking area for all running events. All field events must check in at the competition venue. **COACHES: ALL ATHLETES MUST REPORT AND CHECK IN AT THE BEGINNING OF EACH EVENT (NO CHECK INS ONCE EVENT STARTS)**

Rules: 2024 WIAA Rules will be in effect, with one exception: after the preliminary heats in the 100, 100m hurdles and 110m hurdles, athletes will be advanced by time to the finals, not by place.

Venue Information: SPIKES: only ¼ inch pyramids or tree spikes are permitted.

Timing: Accuracing will use Finish Lynx as the primary system.

Scoring: Normal 10-8-6-5-4-3-2-1 will be in effect, with large and small school champions recognized.

Awards: **Event winners** will be recognized with medals.

Parking: Spectator parking is available in the Veteran's Memorial Stadium parking lot. Motor coach parking is available on Badger Street. This is a bus only access street, which is located directly west of the stadium.

Locker Rooms: No locker rooms will be provided.

Bathrooms will be located under the stadium.

Trainer: A trainer will be located on the south end of the stadium.

### **Field events**

Athletes competing in a field event will be able to check out to compete in another event but must return prepared to compete within 15 minutes of check out time. **COACHES ALL ATHLETES MUST REPORT AND CHECK IN AT THE BEGINNING OF EACH EVENT (NO CHECK INS ONCE EVENT STARTS)**

**Triple Jump & Long Jump will be contested as 4 jumps with no finals.** Landing pits will be open 45 minutes prior to the meet starting for run throughs. Landing pits will then be open for run throughs after the completion of each session. Jumpers must compete within their designated time period. Pits will stay open 1 ½ hours.

**The opening height for the high jump will be determined at the coaches meeting.** The bar will then be raised 2" for the next 2 jumps, then every 1" after that.

**The opening height for the girls' and boys' pole vault will be determined at the coaches meeting.**

### **Throws:**

#### **Shot:**

Boys will throw first followed by the girls. Each athlete will get 4 throws and no finals. A scratch line will be used: **Boys will be 35' and the girls will be 28'.** **All 1st throws will be measured and any throws after not meeting the minimum standard will be scratched.** If the throw is close to the scratch line, it will be measured. Warm-ups will start at **9:45 AM**. The event will start promptly at **10:00 AM**, so all warming up will need to be completed by then. There will be a 10-minute warm-up between each flight. You are allowed to use both rings when warming up. **To help expedite the competition, if athletes could get another athlete to retrieve the shot after a throw, it would be very much appreciated.**

**See Discus, Next Page.**

## **Discus:**

Girls will throw first followed by the boys. Each athlete will get 4 throws and no finals. A scratch line will be used: **Boys will be 100' and the girls will be 75'. All 1st throws will be measured and any throws after not meeting the minimum standard will be scratched.** If the throw is close to the scratch line, it will be measured. Only flight one will be allowed to warm up in the competition ring beginning at **9:15 am**. Each flight after the first will need to use the ring by La Crosse St. The event will start promptly at **9:30 AM**, so all warming up will need to be completed by then. **DO NOT USE THE DISCUS RING FOR WARM-UPS. We are only using the Hammer Ring for competition.**

**Relay Exchanges:** We will need your help on the relay exchanges. Specifically, I need coaches from the schools below to position themselves to confirm that relay exchanges take place within the zone. See the list below order of events for flag assignments

## **COACHES NOTES**

1. Our goal is to conduct this meet as efficiently as possible without sacrificing the performance of the competitors. Last year we were able to finish the running events 45 minutes ahead of our schedule. This is how you can help:

- A.) Have your athletes get their race numbers sooner, rather than later
- B.) Have your athletes report to their starting blocks, not the starting line.
- C.) Have relay members report to their relay zones, not the starting line.
  - a.) **Chalk or tape for marking steps (Chalk will be provided at zones).**

0. Please monitor your camp areas and clean any trash that is left behind.
0. Awards for **first place only**, they will be put in a packet and picked up at the end of the meet.
0. Should the weather not be in our favor, we **WILL FORGO** the WIAA specific rules for track uniforms. It is asked to try and keep uniforms in-sync with the rules as much as possible but there will be no penalty should mother nature not cooperate on this day.

## **MEET MANAGER**

Any questions, comments or concerns please reach out to the meet manager listed below.

Chris Carley  
(608) 354 - 8366  
[blugoldtrack@gmail.com](mailto:blugoldtrack@gmail.com)

# Order of Events

## No Break after Trails

		<b>Running Events</b>			Wheelchair 200m	Both
		100 m Trials	Girls		200m	Girls
			Boys		200m	Boys
		100 m Trials				
		100 Hurdle Trial	Girls		3200 m	Girls
			Boys		3200 m	Boys
		110 Hurdle Trial				
		Distance Medley 1200-400-800-1600	Girls		4 x 400	Girls
		Distance Medley 1200-400-800-1600	Boys		4 x 400	Boys
		Wheelchair 100 m Finals	Both			
		100 Hurdles	Girls		<b>Field Events</b>	
			Boys			Boys
		110 Hurdles			Shot Put @ 10:00 am	
		100m	Girls		Wheelchair Shot @ 10:00 am	Boys
			Boys			
		100m			Shot Put (girls follow boys)	Girls
		1600 m	Girls		Shot Put Wheelchair (girls follow boys)	Girls
			Boys		Discus @ 9:30 am	Girls
		4x200	Girls		Discus (Boys follows Girls)	Boys
			Boys		Pole Vault @ 10:00 am South Pit	Girls
		4x200			Pole Vault @ 10:00 am North Pit	Boys
		Wheelchair 400	Both			
		400m	Girls		High Jump @ 10:00 am West Pit	Girls
			Boys		High Jump @ 10:00 am East Pit	Boys
		4x100	Girls		Long Jump @ 10:00 am West Pit	Girls
					Long Jump (After girls are done) West Pit	Boys
		4x100	Boys			
		300H	Girls		Triple Jump (After boys are done) East Pit	Girls
			Boys		Triple Jump @ 10:00 am East Pit	Boys
		800m	Girls			
		800m	Boys			

### **Relay Exchange Zone Responsibilities**

<b>4 x 200 Relay</b>	<b>Exchange Zones 1-3</b>	<b>Exchange Zone 2</b>	
	Lanes 1-5 / <b>Aquinas</b>	Lanes 1-5 / <b>Adams Friendship</b>	
	Lanes 6-10 / <b>Blair Taylor</b>	Lanes 6-10 / <b>Arcadia</b>	
<b>4 x 100 Relay</b>	<b>Exchange Zone 1</b>	<b>Exchange Zone 2</b>	<b>Exchange Zone 3</b>
	<b>Incoming</b>	<b>Incoming</b>	<b>Incoming</b>
	Lanes 1-5 / <b>Onalaska</b>	Lanes 1-5 / <b>Winona</b>	Lanes 1-5 / <b>Holmen</b>
	Lanes 6-10 / <b>Franklin</b>	Lanes 6-10 / <b>Mauston</b>	Lanes 6-10 / <b>Cadott</b>
	<b>Outgoing</b>	<b>Outgoing</b>	<b>Outgoing</b>
	Lanes 1-5 / <b>Cashton</b>	Lanes 1-5 / <b>Prairie Du Chien</b>	Lanes 1-5 / <b>Logan</b>
	Lanes 6-10 / <b>Winona</b>	Lanes 6-10 / <b>West Salem</b>	Lanes 6-10 / <b>Central</b>