

KICKAPOO/LA FARGE - MS TRACK INVITATIONAL

Monday, April 29, 2024

TEAMS: Bangor, Brookwood, Cashton, De Soto, Hillsboro, Ithaca, Kickapoo-La Farge, Necedah, North Crawford, Riverdale, Royall, Seneca, Viroqua, Weston, Wonevoc-Center

TIMES: 4:00 – Coaches Meeting – New Track Shed at the North end –ONLY SCRATCHES & SUBS
4:15 – Field Events
4:45 – Running Events

TRACK: 8 lane, rubberized track surface with rubberized runways. Throws circles are concrete. CHALK will be the only marking method allowed on all surfaces.

TEAM CAMPS: Please set up outside the fenced area around the track.

HURDLES & IMPLEMENTS: All hurdle events will be run on the lowest hurdle setting. We will use the 8# shot for boys and girls.

SHOES: ¼ inch pyramid spikes please.
PLEASE NO SPIKES IN SCHOOL

ENTRIES: •Entries must be completed by visiting Athletic.net
•Online entries must be completed by **noon the day before the meet.**

Limitations: 3 events maximum per athlete
5 entries per event - Running and Field Events
3 relay teams
2 entries in SHOT & DISC

NO ENTRY FEES, NO AWARDS

FOOD: Concessions will be available.

FACILITIES & GROUNDS:

Bathrooms will be available in the school. **PLEASE NO SPIKES IN SCHOOL.** The Shot Put and Discus events are across Highway 131. PLEASE USE CAUTION WHEN CROSSING THE ROAD.

FIELD EVENTS:	SHOT PUT	2 THROWS – CAFETERIA
	DISCUS	2 THROWS – CAFETERIA
	HIGH JUMP	(GIRLS/BOYS)
	LONG JUMP	2 JUMPS – CAFETERIA
	TRIPLE JUMP	2 JUMPS – CAFETERIA
	POLE VAULT	(BOYS/GIRLS)
RUNNING EVENTS:	100 METER HURDLES	(GIRLS/BOYS) (30" 10 HURDLES)
	100 METER DASH	(GIRLS/BOYS)
	1600 METER RUN	(GIRLS/BOYS)
	4x200 METER RELAY	(GIRLS/BOYS)
	400 METER DASH	(GIRLS/BOYS)
	4x100 METER RELAY	(GIRLS/BOYS)
	800 METER RUN	(GIRLS/BOYS)
	200 METER DASH	(GIRLS/BOYS)
	4x400 METER RELAY	(GIRLS/BOYS)