

# KICKAPOO/LA FARGE - MS TRACK INVITATIONAL

Monday, April 28, 2025

**TEAMS:** Brookwood, De Soto, Hillsboro, Kickapoo-La Farge, Riverdale, Viroqua, Wauzeka-Stueben, Weston

**TIMES:** 3:45 – Coaches Meeting – New Track Shed at the North end –ONLY SCRATCHES & SUBS  
4:00 – Field Events  
4:30 – 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 & BUS PARKING:** Please see the maps on Page 2

**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](http://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 Events, LJ, HJ, TJ, PV  
1 relay team per relay race  
3 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.

<b>FIELD EVENTS:</b>	SHOT PUT	2 THROWS – CAFETERIA (#8 for everyone)
	DISCUS	2 THROWS – CAFETERIA
	HIGH JUMP	(GIRLS/BOYS)
	LONG JUMP	2 JUMPS – CAFETERIA
	TRIPLE JUMP	2 JUMPS – CAFETERIA
	POLE VAULT	(BOYS/GIRLS)
<b>RUNNING EVENTS:</b>	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)



