

2014 Lancaster Track & Field Invitational

We are looking forward to having your team participate in the Lancaster Track & Field Invitational on Thursday, April 17. Rain date is Friday April 18.

Participating Teams: Belmont, Boscobel, Cassville, Cuba City, De Soto, Dodgeville/Mineral Point, Fennimore, Lancaster, (Lancaster JV No Score), Platteville, Prairie du Chien, Richland Center, River Valley and Southwestern.

**Entries will be entered at <http://www accuracetimeing.com/>
Entries are due Wednesday the 16th at 7:00 p.m.**

Order of Events - standard WIAA meet. WIAA participation limits apply.
Each school is allowed 28 individuals events Max 3 per event and 1 relay team in each relay race.

Pyramid 1/4 spikes allowed.

100/110 Hurdles and 100 and 200 Meters will have trials.

Coaches scratch meeting: Press box 4:00.

Awards: Team plaques Girls/Boys 1st-2nd, medals 1-2-3 individuals.

Scoring for the all events will be 10-8-6-5-4-3-2-1 for 8 places.

Shot Put, Discus, 2 flights with 4 trials **no finals.**

Long Jump and Triple Jump 4 trials open pit for 1½ Hours **no finals.**

Pole Vault will begin at 6' for girls and 8' for boys.

We will be using 2 high jump pits.

Admission: \$2 for adults, \$1 for students. Concession stand will be available.

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Heat Sheet will be posted on: <http://www accuracetimeing.com/>

Order of Events

Lancaster Track and Field Invitational

4:00 Coach's (Scratches) Meeting Press Box

4:30 FIELD EVENTS

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|---|------------------------------|
| DISCUS - Girls / Boys | 4 Throws |
| SHOT PUT - Boys / Girls | 4 Throws |
| LONG JUMP - Boys / Girls | 4 Jumps (Open Pit 1 ½ Hours) |
| TRIPLE JUMP - Girls / Boys (Vault must get going right away) | 4 Jumps (Open Pit 1 ½ Hours) |
| POLE VAULT - Girls | Starting Height 6' Ft |
| POLE VAULT – Boys | Starting Height 8' Ft |
| HIGH JUMP -North pit Boys | Starting Height 3' 10" Ft |
| HIGH JUMP - North pit Girls | Starting Height 4' 10" Ft |

4:30 RUNNING EVENTS

| | |
|--------------------------------|---|
| 4x800 RELAYS Girls / Boys | |
| 100 M Dash Trials Girls / Boys | |
| 100 M High Hurdles Trials | (33" girls 1 hole showing Yellow marks) |
| 110 M High Hurdles Trials | (39" boys 3 holes showing Blue marks) |
| 200 M Dash Trials Girls / Boys | |
| 100/110 M High Hurdles Finals | |
| 100M FINALS 100 Girls / Boys | |
| 1600M Girls / Boys | |
| 4 X 200M RELAY Girls / Boys | (1-2 Red 2-3 Red 3-4 Yellow) |
| 400M Girls / Boys | |
| 4 X 100M RELAY Girls / Boys | (Yellow marks all runners) |
| 300 HURDLES Girls | (girls 0 holes showing Red marks) |
| 300 HURDLES Boys | (boys 2 holes showing Red marks) |
| 800M Girls / Boys | |
| 200 M Girls/Boys | |
| 3200M Girls / Boys | |
| 4 X 400M RELAY Girls / Boys | |

AWARDS WILL BE HANDED OUT IN THE PRESS BOX.

RESULTS WILL BE POSTED AT

<http://www accuracetimeing.com/>