

Lancaster Middle School Track & Field Invite May 13th, 2025



When: May 13th, 2025

Where: Lancaster High School track

Teams: Benton/Scales Mound, Boscobel,
Dodgeville, East Dubuque, Fennimore,
Iowa-Grant, Lancaster, Platteville, PDC,
River Valley

All entries will be done online using the website
www.athletic.net Entries must be received by **Monday, May 12th by NOON.**



Entry Fee: \$125.00

Admission: Adults: \$3 Students: \$2 5 and under free

If you have any questions, please call Andy Haas at (608) 723-2173 ext. 233 or Brett Rollins at (608) 723-2173 ext. 378.

Emails = haasa@lancastersd.k12.wi.us or rollinsb@lancastersd.k12.wi.us

1. The meet will be in **two** combined divisions. 7th and 8th Boys, 7th and 8th Girls.
2. Each participant may enter up to three events with a combination of two field and one running, or two running and one field.
 - a. Relays count as running events.
 - b. You are allowed unlimited entries per division for running events.
 - c. Field Events will be capped this year. 4 High jumpers per division. 8 Discus throwers, long jumpers, triple jumpers, pole vaulters, and shot putters per division.

Field Events - 4:00 PM

1. Scratches and Changes - For running and field events, changes can be made at the press box prior to the coaches meeting at **3:45**.

2. High Jump

Starting heights: 7th and 8th Grade Girls: 3'8"
 7th and 8th Grade Boys: 4'0"

The bar will be moved up 2" at a time until there are three competitors left. Then, the bar will be moved up 1" at a time. Each competitor will be allowed three attempts at each height if needed.

3. Shot Put and Discus

The weight of the shot for boys and girls is 4.0 kilograms (8 lbs., 13 oz.). Three attempts will be allowed for each competitor. All three attempts must be taken consecutively. Utility flags will be used to mark throws; the longest will be recorded to expedite the process.

Running Events - 4:30 PM

All runners should report to the **North** end of the track with the clerk. The athletes need to be sure they are on time.

Schedule of Events

4:00 p.m. Field Events Begin- Make all scratches at the event

Discus	Boys open pit/Girls open pit; throw as a team
Shot Put	Wheelchair 1st, then Girls open pit/Boys open pit; throw as a team
Long Jump	Boys first, open pit for 1.5 hours; jump as a team WEST PIT
Triple Jump	Boys and Girls Together - jump as a team - EAST PIT
High Jump	All Girls (East pit - 4:00) 3'8" All Boys (West pit - 4:00) 4'0"

4:30 p.m. Running Events - All events are Finals

Order: Girls, Boys

100 Hurdles

100m Dash - 100m Wheelchair will be after the completion of girls 100m

1600m Run

800m Relay

400m Dash

400m Relay

200m hurdles NEW THIS YEAR (5 sets of hurdles on the high school 300 hurdle markings, set at the lowest height)

800m Run

200m Dash

1600m Relay

The runners will be allowed to warm up on the track until the meet begins. However, we ask that the participants stay off the football field during the meet. Please find a place behind the stands (visitor side) to the east as a team center.

AWARDS: Will be handed out in the press box

RESULTS: Will be posted at <http://www accuracetimeing.com/>

CONCESSIONS: Will be available - located under the press box

BATHROOMS: Located behind the press box

BUS PARKING: Buses can park in the **Fairgrounds** after dropping off the athletes