

Monroe Track & Field Triangular Meet



Date: Wednesday, April 30th 2025

Time: Field Events @ 4:30, Running Events @ 4:45

Teams (3): Monroe, Brodhead, and Evansville

Cost: No cost for conference dual meets

Location: Monroe High School, Outdoor Track & Field Facilities

Exchange help: 4 x 100 1st - exchange Brodhead. 2nd - exchange - Evansville. 3rd exchange - Monroe

4 x 200 1st & 3rd exchange - all 3 schools. 2nd exchange - officials

Limits: 3 varsity individual entries per event, 1 varsity relay team per event. Unlimited JV entries.

Schedule of Events: Event order: Varsity Girls, JV Girls, Varsity Boys, JV Boys

4:45 4x8 Relay
High Hurdles
100 Dash
1600 Run
4x2 Relay
400 Dash
4x1 Relay
300 Hurdles
800 Run
200 Dash
3200 Run
4x4 Relay

4:30 Girls & Boys Long Jump (4 jumps, co-ed) ***
Girls & Boys Triple Jump (4 jumps, co-ed) ***
Boys Pole Vault (girls to follow)
Girls High Jump (boys to follow)
Girls Shot Put (boys to follow)
Boys Discus (girls to follow)

*** Events may be combined JV/VAR & B/G

*** Track events will be on a rolling schedule.

*** All track events are TIMED FINALS

Field Events: Long & Triple Jump – 1.5 hour open pit; 4 jumps, no finals

High Jump – 2” increments

Starting heights... Girls – 3’10 Boys – 4’10

Pole Vault – 6” increment

Starting heights... Girls – 6’0 Boys 7’6

Shot & Disc – 4 throws, no finals

Coaches Meeting: 4:00 at the finish line

Scoring: 5 - 3 - 1 for individual events and 5-0 for relay within each dual competition.

Entries: *Entries will be through MileSplit at wi.milesplit.com with a deadline set for **8 p.m. on Tuesday, April 29th.** If you have questions logging in, contact Clark Jillson, AccuRace Timing at chvjillson@aol.com or 608-778-1727. Accuracetimesing has meet information on it as well*