



MEET: Mississippi Valley Conference Track and Field Championships

SITE: UW-La Crosse – Veterans Memorial Field and Sports Complex

410 East Avenue North, La Crosse, WI 54601

DATE: Saturday, May 12th, 2018

TEAMS: Aquinas, Central, Holmen, Logan, Onalaska, Sparta, Tomah

Online Entries: Entries must be submitted online at www.directathletics.com.

Entries Open: Tuesday, May 8th at 8am.

Entries Close: Thursday, May 10th at 8pm.

Entry Limitations: Scratches and replacements are allowed at the meet site prior to the event **only in the event of illness, suspension or injury.**

Schedule: A tentative schedule is enclosed. A finalized schedule will be distributed once heats/flight numbers are established following the entry process.

Check-in: Track opens at 8:15am. **Coaches Meeting:** 9:15 am in the Stadium Locker Room

Heat Sheets: Heat Sheets will be posted at: www accuracetiming.com.

Results: Will be posted on www accuracetiming.com.

Clerking: **All races will be clerked on the home stretch infield near the 50 yard-line.**

Rules: 2018 WIAA, National Federation and MVC Rules will be in effect for the meet

Games Committee: Mike Jones, Andrew Storsveen, and Geoff Wilhelmy

Track: The Veterans Memorial Field and Sports Complex outdoor track has 10 lanes. All jumps and running events will be contested on a Beynon BSS 1000 Embedded Performance Surface. ¼ inch pyramid or tree spikes will be allowed on all rubberized surfaces. The throwing rings are cement.

Timing: AccuRace Timing Services will provide the timing system as the primary timing device.

Scoring/Awards: All-Conference selections are determined by results of this meet. (1st, 2nd, 3rd)

Parking: Parking is available in the sports complex parking lot C-2 for vans and cars and in the Cowely Hall Parking Lot C-3. (Directly west of the stadium)

Lockers: Locker room #12-S for boys and #12 for girls are located on the lower level of Mitchell Hall and are unsecured. Bring your own towels and locks.

Tent City: North of the track and discus area. (student recreation field)

Weigh-Ins: Weigh-in and certification of implements will take place in the north locker room under the Stadium.

Meet Logistics: Please inform your athletes that we intend to keep this meet moving to stay on schedule. We ask that athletes are prompt at returning to events after checking out to compete in another event. We will not hold competition for an extended period of time. Please plan accordingly.

Trainers: Certified Athletic Trainers will be available for the meet.

Admission Cost: Adults: \$5 Students: \$3

Concessions: An assortment of concession items will be available in the main concourse area.

Questions: *Contact:*

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Schedule of Events

9:15 am	Coaches Meeting	
10:00 am	National Anthem	
	Boys Discus, followed by Girls. Trials and Finals	
	Girls Shot, followed by Boys. Trials and Finals	
	Girls High Jump, followed by Boys.	
	Girls Long Jump, Preliminaries (Open 10:00 - 11:00)	
	Boys Triple Jump, Preliminaries (Open 10:00 - 11:00)	
	Boys Pole Vault followed by Girls.	
	Girls Long Jump Finals 10 min after finals announced REVERSE ORDER	
	Boys Triple Jump Finals 10 min after finals announced REVERSE ORDER	
	Girls Triple Jump, Preliminaries - 30 min after boys triple jump final	
	Boys Long Jump, Preliminaries - 30 min after girls long jump final	
	Girls Triple Jump Finals 10 min after finals announced REVERSE ORDER	
	Boys Long Jump Finals 10 min after finals announced REVERSE ORDER	
11:30 am	3200 Relay Final (4 x 800)	Girls
	3200 Relay Final (4 x 800)	Boys
	100 High Hurdle Trials	Girls
	110 High Hurdle Trials	Boys
	100 Dash Trials	Girls
	100 Dash Trials	Boys
	<u>BREAK</u>	
	FINALS - BEGIN AT 12:30 PM - WITH A ROLLING SCHEDULE	
12:30 pm	100 High Hurdles	Girls
	110 High Hurdles	Boys
	100 Dash	Girls
	100 Dash	Boys
	1600 Run	Girls
	1600 Run	Boys
	800 Relay (4 x 200)	Girls
	800 Relay (4 x 200)	Boys
	400 Dash--Sections on Time	Girls
	400 Dash--Sections on Time	Boys
	400 Relay (4 x 100)	Girls
	400 Relay (4 x 100)	Boys
	300 Intermediate Hurdles--Sections on Time	Girls
	300 Intermediate Hurdles--Sections on Time	Boys
	800 Run	Girls
	800 Run	Boys
	200 Dash--Sections on Time	Girls
	200 Dash--Sections on Time	Boys
	3200 Run	Girls
	3200 Run	Boys
	1600 Relay (4 x 400)	Girls
	1600 Relay (4 x 400)	Boys