

# Welcome to the 2014 Prairie Relays

Coach's Packet



## **PRAIRIE DU CHIEN RELAYS** **MONDAY, APRIL 21, 2014**

This is the 61<sup>th</sup> annual running of the Prairie Relays. According to the historian for the Wisconsin Track Coaches Association, it is the second oldest continuous outdoor invitational in the state of Wisconsin. The first Prairie Relays was run on April 26, 1954 in a steady downpour on a muddy one-sixth mile track at the City Ball Park, and featured teams from Dodgeville, Prairie du Chien, Boscobel, Lancaster, and Fennimore. Dodgeville won the inaugural meet, topping Prairie du Chien by seven points. Over the years the meet has grown to as many as fifteen teams, including schools from the LaCrosse area and Iowa. In the mid-1980s, the PdC Girls Invitational was dropped and became part of the Prairie Relays.

This year's Prairie Relays features 15 teams. It will be run on Monday, April 21, 2014, beginning at 4:15 p.m. at the high school's 8-lane rubberized track facility.

This year's field is tremendous, featuring the following teams:

Boscobel	Cuba City	Darlington	Dodge/Point
Fennimore	La Crosse Central	La Crosse Logan	Lancaster
Platteville	Prairie du Chien	Prairie du Chien(JV)	Richland Center
Riverdale	River Valley	Viroqua	Westby

## 61<sup>th</sup> Annual Prairie du Chien Relays – April 21, 2014

Welcome to the 61<sup>th</sup> annual Prairie du Chien Relays. We're hoping for great weather and look forward to hosting a meet with such a high quality group of teams.

The following teams will be participating:

Boscobel	Cuba City	Darlington	Dodge/Point
Fennimore	La Crosse Central	La Crosse Logan	Lancaster
Platteville	Prairie du Chien	Prairie du Chien(JV)	Richland Center
Riverdale	River Valley	Viroqua	Westby

There will be a coaches meeting in the POE Room (old weight room) located in the back hall of the school at 3:45. This will be for any scratches or other information that needs to be addressed. Please have your Pole Vault verification form available as well.

Please be sure that your athletes are using no more than 1/4 inch pyramid spikes.

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

Awards are medals for the top 3 places in all events and a team plaque for the first place teams.

Each team is allowed 2 athletes per event and one team per relay.

The games committee shall consist of the two WIAA starters, Andy Banasik (PDC) - meet manager, Todd Bastian (Darlington), and Joel Block (River Valley). This committee will serve as the final board of appeals.

Participating schools will provide a coach to serve as an exchange zone judge in the relays.

### 400 Meter Relay

Exchange Zone 1-Lanes 1-4: Cuba City  
Lanes 5-8: Westby  
Exchange Zone 2-Lanes 1-4: Fennimore  
Lanes 5-8: Boscobel  
Exchange Zone 3-Lanes 1-4: Lancaster  
Lanes 5-8: Darlington

### 800 Meter Relay

Exchange Zones 1 & 3-Lanes 1-4: Prairie du Chien  
Lanes 5-8: Platteville  
Exchange Zone 2- Lanes 1-4: Richland Center  
Lanes 5-8: River Valley

### Sprint Medley (1. yellow/yellow, 2. yellow/yellow, 3. blue/blue/ with cut )

Exchange Zone 1-Lanes 1-4: Platteville  
Lanes 5-8: Prairie du Chien  
Exchange Zone 2-Lanes 1-4: Fennimore  
Lanes 5-8: Boscobel

Coaches will need to log into [www.directathletics.com](http://www.directathletics.com) to make their entries. Deadline for entries will be Saturday, April 19th, 11:59 pm. By Monday morning heat sheets should be available on-line. Because of the late deadline for entries, we will be doing scratches/replacing without reseeding on the day of the meet. Bus parking will be outside the track on the northeast side of the school. Please keep your athletes off of the football field. Warm-ups can be done on the backstretch or in the area near the flag pole. Team camps may be set up between the fences on the Northeast or Southwest corners. An area will be designated near the high jump area for coaches. Thank you.

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## ORDER OF EVENTS PRAIRIE RELAYS

3:45 Coaches Meeting in POE Room (located in the back Hallway of the school)

4:15 Field Events

- HIGH JUMP (GIRLS / BOYS) – Starting Heights = 4’ Girls, 5’ Boys
- POLE VAULT (BOYS / GIRLS) – Starting Heights = 6’ Girls, 8’ Boys
- LONG JUMP (BOYS / GIRLS) – Preliminaries (3 jumps) / Finals
- TRIPLE JUMP (GIRLS / BOYS) – Preliminaries (3 jumps) / Finals
- SHOT PUT (BOYS / GIRLS) – Preliminaries (3 throws) / Finals
- DISCUS (GIRLS / BOYS) – Preliminaries (3 throws) / Finals

\*All Field Event finalists will have ten minutes of warm-up time once they have been announced\*

\*\*\* All Running Events will be Girls followed by Boys \*\*\*

\*\*\* **Times are tentative – we will run ahead of schedule if possible** \*\*\*

4:15 3200 Meter Relay

4:40 100 Meter High Hurdles - TRIALS

110 Meter High Hurdles – TRIALS

5:05 100 Meter Dash - TRIALS

5:30 1600 Meter Run

\*\*\*10 minute break following the boys 1600 Meter Run\*\*\*

6:05 100 High Hurdles – FINALS

6:10 110 High Hurdles – FINALS

6:15 100 Meter Dash – FINALS

6:25 800 Meter Relay

6:45 400 Meter Dash

7:00 400 Meter Relay

7:15 300 Meter Hurdles

7:30 800 Meter Run

7:45 Sprint Medley Relay (100, 100, 200, 400)

8:05 3200 Meter Run

8:40 1600 Meter Relay

\*At the conclusion of the meet, awards will be handed out at the front of the press box. Result sheets will be handed out near the back of the school.

\*RESULTS WILL BE POSTED AT <http://www accuracetimeing.com/>

## PRAIRIE RELAYS RECORDS - GIRLS

HIGH JUMP	LORI DICKMAN	PRAIRIE DU CHIEN	5' 8"	1983
LONG JUMP	EMILY BETZ	LA CROSSE LOGAN	18' ½"	2006
TRIPLE JUMP	CAITLIN REED	VIROQUA	35' 1"	2008
DISCUS	JESSE JEWELL	DECORAH	125' 8.25"	2004
SHOT PUT	ALISSON MORGAN	NORTH CRAWFORD	42' 4"	1992
SOFTBALL THROW	LAURA RODHAM	DUBUQUE WAHLERT	196' 9"	1978
PENTATHLON	CAROL PEDRETTI	PRAIRIE DU CHIEN	2,788	1978
100 M HURDLES	KELLY MILLER	MONROE	14.4	1979
100 M HURDLES (33")	JESSICA DEVINE	LA CROSSE LOGAN	14.97	2004
1600 M RUN	TRICIA SERRES	PLATTEVILLE	4:59.82	2011
800 M RELAY	HALVERSON, O' BRIEN KOZELKA, DUVE	PRAIRIE DU CHIEN	1:48.5	1977
400 M DASH	DEIDRE DILLMAN	PRAIRIE DU CHIEN	58.25	2008
800 M RUN	MOLLY HANSON	DODGEVILLE/ MINERAL POINT	2:14.91	2012
200 M DASH	CATHY KOZELKA KIM TILLER	PRAIRIE DU CHIEN RICHLAND CENTER	26.3	1975 1983
1600 M RELAY	McBAIN, WILSON SCHUTZKUS, SHIREMAN	RICHLAND CENTER	4:07.3	1981
3200 M RELAY	SERRES, DONOVAN LAWINGER, SERRES	PLATTEVILLE	10:05.2	2006
400 M RELAY	KIES, BECKER, DIGMAN, VINEY	PLATTEVILLE	51.68	2000
SPRINT MEDLEY (100-100-200-400)	GAMOKE, KAMPA FELTES, WEAVER	ARCADIA	1:53.9	1977
200 M HURDLES	KELLY O' BRIEN	PRAIRIE DU CHIEN	30.9	1978
300 M HURDLES	BRITTNEY HUNDT	LA CROSSE LOGAN	47.2	2006
100 M DASH	BLAIR RUNDE	PLATTEVILLE	12.14	2004
3200 M RUN	STUBLER	LA CROSSE AQUINAS	11:24.2	1982
POLE VAULT	LAURA MASSEY	LANCASTER / POTOSI	11' 0	2004
DISTANCE MEDLEY (1200-400-800-1600)	KOTEK, WHITE, HUINKER, WETTACH	DECORAH	14:03.3	2003

## PRAIRIE RELAYS RECORDS - BOYS

SHOT PUT	RHETT WEBER	PLATTEVILLE	56' 7.5"	2012
DISCUS	DOUG OOMENS	PLATTEVILLE	166' 9"	1989
HIGH JUMP	PAUL ANNEAR	RICHLAND CENTER	6' 10"	2008
POLE VAULT	RYAN TRYDRICH	RICHLAND CENTER	13' 6"	2007
LONG JUMP	PAUL ANNEAR	RICHLAND CENTER	22' 9.25"	2007
TRIPLE JUMP	DREW SIERZANT	LACROSSE CENTRAL	45' 11"	2008
110 HIGH HURDLES	JAMES RUEN	DECORAH	14.46	2004
300 INT. HURDLES	CHUCK MAHLAM	HOLMEN	40.0	1987
100 M DASH	LYNN OYAWIRI	PLATTEVILLE	10.87	2007
400 M DASH	BILLY LEASE	FENNIMORE	50.43	2005
800 M RUN	NICK ERICKSON	PLATTEVILLE	2:01.25	2010
1600 M RUN	KURT UDELHOVEN	PLATTEVILLE	4:24.8	1985
3200 M RUN	TYSON MIEHE	DARLINGTON	9:38.85	2013
4 X 100 RELAY	OYAWIRI, NZEGWU GOFFINETT, MARTIN	PLATTEVILLE	44.26	2007
4 X 200 RELAY	OYAWIRI, VACLAVIK GOFFINETT, SPEISS	PLATTEVILLE	1:33.10	2008
4 X 400 RELAY	OTTOW, WOODS FINSTERWALDER, SMITH	LACROSSE CENTRAL	3:23.99	2011
4 X 800 RELAY	FINSTERWALDER, OTTOW JANDAL, SAXTON	LACROSSE CENTRAL	7:57.01	2011
SPRINT MEDLEY (100-100-200-400)	OLSON, LEUSCHEN COOK, RUSTAD	DECORAH	1:38.5	2006
DISTANCE MEDLEY (1200-400-800-1600)	DYKSTRA, SVESTKA BOCKMAN, FULTON	DECORAH	11:36.0	2002