

# 2018 RIDGE & VALLEY CONFERENCE TRACK MEET @ VIROQUA - TUESDAY, MAY 15, 2018

**OFFICIALS:** Tim Lee, Todd Camlek, Tracy Krueger

**TIMES:** 4:00 – Coaches Meeting @ Press Box  
(Scratches only, NO REPLACEMENTS without a doctors excuse)  
4:00 – Shot & Discus weigh-in  
4:30 – All Field Events Start  
5:00 – 3200 M RELAY (Boys & Girls may be run together)  
5:20 – Running Trials (if needed)

**SHOES:** Viroqua has a new SEAL-FLEX track. ONLY 1/8 Pyramid spikes will be allowed on the track and runways.

**RUNWAYS:** NO TAPE IS ALLOWED ON ANY RUNWAY...ONLY CHALK

**ENTRIES: DUE BY:**

**Must be entered on Direct Athletics**

**LIMITS: Maximum of 28 individual event entries**

**Maximum of 3 athletes in any one event**

**Maximum of 1 entry in relays**

**Please list alternates**

**TRIALS:** The heat winners and the next best times to reach **eight** runners will advance to the finals. IF there are eight or less entries in one event, no trials will be needed.

**FIELD EVENTS:**

1. Performers have **one** minute to perform once their name is called, except in the Pole Vault where they have **1:30**.
2. Performers have **15** minutes to report back to their field event if they have to leave for another event
3. Preliminaries will be conducted in the Discus, Shot, Long Jump, & Triple Jump. Each competitor will receive **three** trials and the best **six** competitors will qualify for the final. Each finalist will receive **three** trials. (Best effort of the day counts.)
4. Starting heights for the Pole Vault and High Jump will be determined when all entries are in.

**TEAM SCORING:** Six places will be scored (10-8-6-4-2-1). Five places will be scored in relays.

**EACH SCHOOL MUST BRING THEIR OWN STARTING BLOCKS**