

River Valley Alumni Invite

COACHES:

With the installation of our new synthetic turf, track, pole vault pit, long jump and triple jump pits, there are some rules that we ask that you go through with your athletes.

We understand that you can not police your athletes at all times, but we appreciate your efforts in helping us keep our new facility clean and “nice” for many years to come!

We are excited to share our new facility and thank you for monitoring these rules!

TURF and Athletic Complex Rules

Molded cleats or other athletic shoes **ONLY ON THE TURF.**

Please **NO** metal cleats or spikes on the TURF. Quarter inch metal, pyramid spikes **are** allowed on the track.

Please clean as much dirt off as possible with the cleat cleaners before entering the field area.

NO tape on the track. Please use chalk, tennis balls or some other means of marking exchange zones.

NO food, gum, candy or seeds.

NO sports drinks or liquids other than water.

NO sharp objects, including chairs, tents, canopies, stakes, corner flags, or other objects that can penetrate the turf.

NO glass bottles or containers.

NO Tobacco products

NO pets

NO bicycles, scooters, roller blades, skateboards or unapproved vehicles

THANK YOU!

River Valley Alumni Invite

- When:** Friday, May 3rd 2024
- Where:** River Valley High School
- Time:** Field Events **4:00 pm**; 4x800 relay will begin at **4:15 pm**.
- Fee:** **\$150**
- Admission:** **\$5** for public admission and concessions will be available. Public restrooms are located at the concession stand.
- Entries:** 28 individual entries, Max of 3 per event and 1 relay team in each relay
WIAA participation limits apply
Entries due **Thursday, May 2nd by 12pm**.
Submit entries using <https://wi.milesplit.com/>
- Teams:** Boscobel, Dodgeville, Fennimore, Ithaca, Lancaster, Prairie du Chien, Richland Center, River Ridge, Riverdale and River Valley
- Scoring:** 10-8-6-5-4-3-2-1 for eight places
- Awards:** Medals 1st, 2nd, 3rd with 1st place team plaques
- Track:** Rubberized 8 lanes; ¼" spikes... Please **DO NOT use tape** on the track. Chalk will be provided at each exchange, high jump, pole vault, triple jump and long jump..
- Results:** www accuracetiming.com
- Officials:** Knight Wynn, TBD
- Games Committee:**
Head Starter, and Field Judge along with the head coaches from Fennimore, Richland Center and Boscobel. If you prefer not to be on the games committee just let me know and I will ask someone else. Thanks in advance.
- Warm-up Area:**
Athletes may warm up on the turf (**without spikes**) closest to the softball field. Please try to remain out of the infield during the meet. Please also remind your athletes of the Track and Field Rules attached to this document.
- Tents/Camps:** Please set up your camps outside the track, but inside the fenced in area; near the press box or opponent's bleachers. There is chalk provided in your welcome packet. Please do not use tape on the track.

River Valley Alumni Invite

Field Events: **Boys First:** Pole vault, discus, triple jump
Girls First: High jump, shot put, long jump

- Long jump, triple jump open pit for 1 hour and 30 minutes, with 3 jumps per athlete, 9 to finals
- Shot Put and Discus will be given 3 throws per athlete, 9 to finals
 - **We are using a CUT LINE again this year.** We will measure everyone's first throw, but then if they fail to throw it past the designated lengths, we will not measure.
 - **Shot Put Cut Lines: Boys 30 feet. Girls 20 feet**
 - **Disc Cut Lines: Boys 85 feet. Girls 65 feet**
- Starting heights:
 - Girls high jump – 4' (by 2" until final 3 athletes)
 - Boys high jump – 5' (by 2" until final 3 athletes)
 - Girls' pole vault – 7' (by 1', then 6" after first increase)
 - Boys' pole vault – 8' (by 1', then 6" after first increase)

Check out times: There will be a 10 minute ruling for checkout to field events. Please advise your athlete NOT to check out of their field event early.

Running Events: Trials in the 100/110 High Hurdles and 100 m Dash. There will be **NO 200 m trials.**

Coaches meeting: Coaches meeting in Health room (rm 69) at **3:30**. We will provide brats and chips along with a drink. All scratches will be done at this time.

WIAA rules: All WIAA rules apply. Order of Events - standard WIAA meet.

Restrooms Restrooms can be located at the concession stand; the boys and girls locker rooms located next to the long, triple and pole vault pits and there are porta potties located near the shot and disc area.

Trainer: We will have a trainer on site. He is usually located at the check in Clerk.

Questions: If you have any questions call Kevin Billington at **608-588-2554** or my cell phone number is **815-766-0188**.

Relay Exchanges:

400M Relay: Exchange 1 – Lanes 1-4: Dodge-Point
Lanes 5-8: River Valley
Exchange 2 – Lanes 1-4: Prairie Du Chien
Lanes 5-8: Richland Center
Exchange 3 – Lanes 1-4: Boscobel
Lanes 5-8: River Ridge

800M Relay: Exchanges 1&3 Lanes 1-4: Ithaca
Lanes 5-8: Fennimore

River Valley Alumni Invite

Order of Events

4:00 Field Events:

Long Jump Girls, followed by Boys (open pit, 3 jumps to finals)

Triple Jump Boys, followed by Girls (open pit, 3 jumps to finals)

Discus Boys, followed by Girls (3 throws to finals)

Shot Put Girls, followed by Boys (3 throws to finals)

High Jump Girls, followed by Boys (by 2" until final 3 athletes)

Pole Vault Boys, followed by Girls (Girls-6', Boys-7'; increase by 1' then 6")

*****Wheelchair events will follow each running event if entered*****

4:15 3200 Meter Relay

100 Meter Dash Trials

100/110 Meter High Hurdles Trials

National Anthem

110/100 High Hurdle Finals **(will will run High Hurdles first after trials)**

100 Meter Dash Finals

1600 Meter Run

800 Meter Relay

400 Meter Dash

400 Meter Relay

300 Meter Low Hurdles

800 Meter Run

200 Meter Dash Finals

3200 Meter Run

1600 Meter Relay