

River Valley Alumni Invite

- When:** Friday May 6th 2016
- Where:** River Valley High School
- Time:** Field Events **4:15**; 4x800 relay will begin at **4:15** as well
- Fee:** **\$125**
- Entries:** 28 individual entries, Max of 3 per event and 1 relay team in each relay
WIAA participation limits apply
Entries due **Thursday, May 5th by 8:00pm**
Submit entries using www.directathletics.com
- Teams:** Dodgeville, Lancaster, Prairie du Chien, Cassville, Boscobel, Fennimore, Cuba City, Ithaca, North Crawford, River Ridge, Poynette, Belmont
- Scoring:** 10-8-6-5-4-3-2-1 for eight places;
- Awards:** Medals 1st, 2nd, 3rd with 1st place team plaques and Runner up plaques
- Track:** Rubberized 8 lanes; ¼" spikes
- Results:** www accuracetimeing.com
- Officials:** Tom Block, Knight Wynn and Tracey Krueger
- Games Committee:** Head Starter, and Field Judge along with the head coaches from Cuba-City, Lancaster and Poynette. 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:** We ask that you please keep your athletes off of the infield. We understand that this is not always possible, but please set up your camps outside the track but inside the fenced in area; near the press box or opponent's bleachers (long jump and pole vault areas) would be ideal.
- 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 15 minutes, with 3 jumps per athlete, 9 to finals
 - Shot Put and Discus will be given 3 throws per athlete, 9 to finals
 - 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 – 6' (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 min. ruling for checkout to field events. Please advise your athlete NOT to check out of their field event early.

Running Events: Finals in the 100/110 High Hurdles, 100 m Dash, 200 m Dash

Coaches meeting: Coaches meeting in Health room (rm69) at **3:30**. We will provide brats and chips along with a drink. All scratches will be done at this time with substitutions but no reseeding.

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

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 1-3: Dodge-Point
Lanes 4-6: Lancaster
Exchange 2 – Lanes 1-3: Prairie Du Chien
Lanes 4-6: Richland Center
Exchange 3 – Lanes 1-3: Boscobel
Lanes 4-6: River Ridge

800M Relay: Exchanges 1&3
Lanes 1-3: Cuba-City
Lanes 4-6: Fennimore

THANKS EVERYONE!

Order of Events

4:15 Field Events:

Long Jump Girls, followed by Boys (3 jumps, top 9 to finals)

Triple Jump Boys, followed by Girls (3 jumps, top 9 to finals)

Discus Boys, followed by Girls (3 throws, top 9 to finals)

Shot Put Girls, followed by Boys (3 throws, top 9 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")

4:15 3200 Meter Relay

100 Meter Dash Trials

100/110 Meter High Hurdles Trials

200 Meter Trials

National Anthem

100/110 High Hurdle Finals

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