

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 Middle School Track Meet

Thursday, May 2nd 2024

Dear Coaches,

This year's River Valley Middle School Track Meet will be held on **Thursday, May 2nd**. We please ask that you remind your athletes to **stay off the turf as much as possible**. We understand there is a time and place to run across, but please limit warm ups and such to the track and/or turf closest to the Softball field.

Teams

- Barneveld, Boscobel, Darlington, Dodgeville, Ithaca, Lodi, Mineral Point, Richland Center, Riverdale, and River Valley.
- Cost is \$100.00 / school

Entries

- 7th & 8th grade will run and be scored together.
- Maximum of 3 events per athlete, may not be all field or all running.
- Maximum of 3 entries per event. (except for relays).
- Maximum of 2 teams in *relays* (highest placed scored).

Deadline

- **Wednesday, May 1st at 12:00pm**
- Entries can be made at <https://www.athletic.net/TrackAndField/MS/>

Other

- Officials: Tom Block, Jerry Griffin and Keith Manke
- Coaches Meeting at **3:45pm** at the Equipment Storage Shed
- 1/4" spikes allowed.
- Concessions will be available.
- Admission Fee: Adults: \$3.00 Students: \$1.00

Order of Events

Field Events – 4:00pm

Discus (girls/boys)
Shot Put (boys/girls)
Long Jump (cafeteria) – 4:00 to 6:30pm
Triple Jump (cafeteria) – 4:00 to 6:30pm
High Jump (cafeteria) – 3'10" start Ht.
Pole Vault (cafeteria) – 5'6" start Ht.

- 3 jumps/throws, no finals

Running Events – 4:15pm

100m Hurdles
Sprint Medley (100,100, 200, 400)
100m Dash
1600m Run
4x200 Relay
400m Dash
4x100 Relay
800m Run
200m Dash
4x400m Relay

Questions?

Please contact Anne Howe at ahowe@rvschools.org or (608) 588-2556.