

2016 Scenic Bluffs Conference Track and Field Meet

Date: Tuesday, May 17 with a rain date of Wednesday, May 18
Location: Cashton Track and Field Facility behind the Cashton Elementary School

Times: Coaches Meeting- 3:00 pm in the Cashton Elementary School multi-purpose room (old cafeteria)
Implement weigh in- starting at 2:30 pm in the area behind the announcer's table
Field Events- 3:30 pm
Running Events- 4:15 pm beginning with the girl's 4x800 meter relay

Bus Parking: You may drop your athletes off and then buses must park at the Cashton Village Park. Buses can return to the elementary school after 3:30.

Entry Limits: Each school is allowed 26 individual entries and one relay entry per race for each gender.
A maximum of three individuals may be entered in an event per school.
Individuals may be in a maximum of 4 events, but no more than 3 running or field events.
Relay teams may include up to 6 members; being listed on a relay team counts as one of an individual's events/entries even if they do not compete in the relay. No pole vault.

Entries: Entries will be done using Direct Athletics (<https://www.directathletics.com/>). Go to the site as soon as possible if you have not used it for other meets, get your roster loaded, and add this meet to your schedule. The deadline for entries will be **11:59 pm on Sunday, May 15**. If you have questions about completing your entries, please contact Clark Jillson at AccuRace Timing Services (608-778-1727) or chvjillson@aol.com. AccuRace will be doing the timing/scoring and will post the heat sheets on their site.

Scoring: Top 8 athletes or relay teams will score (10-8-6-5-4-3-2-1)
Awards: Medals for 1st-3rd place in all events
Team championship trophy for each gender

Results: Results will be made available as soon as possible after the meet is over and will be posted at the AccuRace Timing website (<http://www accuracetiming.com/schedule.html>). Results will also be sent to the area media outlets.

Concessions: There will be a concession stand in the multi-purpose room (old cafeteria)- **please remind your athletes to not wear spikes inside the school.**

Spike length: We will allow 1/8" spikes. With shoes that the spike sits deeper, your athletes can wear up to 3/16" so that they will have at least 1/8" exposed. This has helped extend the life of our track.

Officials: Andre Casabonne- starter
Ken Hall- starter
Ralph Mann- meet referee

Jury of Appeals: Andre Casabonne (starter), Ken Hall (starter), Mark Horbinski (Necedah), Kevin Kravik (Bangor), and Jeremy Mosley (Cashton-meet manager)

Questions: mosleyj@cashton.k12.wi.us or 654-5131 ext. 128

FIELD EVENTS

DISCUS- boys/girls	3 preliminary throws, top nine advance to finals for three more attempts
SHOT PUT- girls/boys	3 preliminary throws, top nine advance to finals for three more attempts
HIGH JUMP- girls/boys	opening height to be determined by entries
LONG JUMP- boys/girls	3 preliminary jumps, top nine advance to finals for three more attempts
TRIPLE JUMP- girls/boys	3 preliminary jumps, top nine advance to finals for three more attempts

Long Jump will be at the pit closest to the finish line and Triple Jump will be at the pit closest to the shed.

RUNNING EVENTS

GIRLS WILL RUN FIRST IN EACH EVENT

3200 METER RELAY

110/110 METER HIGH HURDLE PRELIMS

100 METER DASH PRELIMS

10 MINUTE BREAK

100/110 METER HIGH HURDLE FINAL

100 METER DASH FINAL

1600 METER RUN

800 METER RELAY

400 METER DASH

400 METER RELAY

300 METER LOW/INTERMEDIATE HURDLES

800 METER RUN

200 METER DASH

3200 METER RUN

1600 METER RELAY