



Date: Friday, May 3rd, 2024

Host: Luther High School

Site: UW La Crosse – La Crosse, WI

Teams: Arcadia, Black River Falls, G-E-T, Luther, Viroqua, Westby, West Salem, Adams-Friendship, Mauston, Nekoosa, Osseo-Fairchild, Prairie Du Chien, Wisconsin Dells and Westfield Area High School

Entry Fee: \$ 250 per school

Checks payable to: Luther High School

Entries: 28 individual events total (regional format), 1 relay

Register athletes at wi.milesplit.com

Entry Deadline: **NOON Thursday May 2nd**

Awards: Top 2 Individuals/Relay Teams

Spikes: ¼" maximum

Admission: \$ 7 Adult \$ 5 Seniors/Students (set by UWL)

Base Camps: South end of the track. **Please clean your area before leaving**

Food: **Luther High School**

Miscellaneous: **Exchange Zone Help:**

Assigned at coaches' meeting

Questions: Greg Schibbelhut schigreg@luther.k12.wi.us

608 783-5435 ext 2550 or 608 518-0187(cell)

Order of Events:

3:00	Coaches Meeting	50 Yd Line..Big L
3:30	Field Events /3200 M Relay	
	3200 M Relay	Girls/Boys
	Pole Vault	Girls and Boys (2 pits)
	High Jump	Girls and Boys (2 pits)
	Girls Shot followed by Boys Shot:	4 Throws/ 1-1-1-1 Format
	Boys Discus followed by Girls Discus:	4 Throws/ 1-1-1-1 Format
	Triple Jump:	Girls then Boys 3:30-5:00/5:30-7:00
	Long Jump:	Boys then Girls 3:30-5:00/5:30-7:00
4:15	No Prelims-all finals	
	Running events	
	3200 M Relay	
	100/110 HH	G/B
	100 M Dash	G/B
	1600 M Run	G/B
	800 M Relay	G/B
	400 M Dash	G/B
	400 M Relay	G/B
	300 M Hurdles	G/B
	800 M Run	G/B
	200 M Dash	G/B
	3200 M Run	G/B
	1600 M Relay	G/B