



Southwestern Track & Field

Southwestern High School Track & Field Invite

Thursday, May 2, 2024

Southwestern High School Track & Field Complex

Participating Teams

- Benton/Scales Mound/Shullsburg, Boscobel, Cuba City, Iowa-Grant, River Ridge, Riverdale, & Southwestern

Meet Officials

- Howard Jubeck, Chuck Spielman, & Knight Wynn

Games Committee

- Head starter, field referee, and head coaches from: Southwestern, BSMS, & River Ridge

Entries

- 28 total entries – Maximum of 3 entries per event – 1 relay team in each relay
- Please submit realistic times for all track entries
- All entries must be done using the MileSplit website – <https://wi.milesplit.com>
- Entries must be submitted by **Noon on Wednesday, May 1st**
- Questions related to online entries should be directed to Clark Jillson at AccuRace Timing, chvjillson@aol.com
- Scratches can be done at the coaches' meeting. Substitutions will be allowed with no reseeding.

Entry Fee

- \$150 – Bring the night of the invite -or-
 - Mail to...
Southwestern School District
ATTN: Tom Koeller – AD
P.O. Box 368
Hazel Green, WI 53811

Admission

- All admission - \$5. Children 5 and under are free.
- Senior Citizen passes will be honored.

**For athlete and fan safety, spectators will
Not be allowed inside of competition
areas. Please remain behind fences/ropes.
**NO PETS ALLOWED on school grounds.*

Start Times

- Coaches Meeting – 3:30 PM (White shed at the southwest corner of the track)
- Field Events – 4:00 PM
- Races – 4:15 PM

Awards

- Medals will be given to the top three finishers in each event.

Pole Vault Verification Form

- All schools must supply a pole vault verification form at check-in. This form is located at the following website: http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf

Parking & Team/Spectator Entry

- Team bus parking: See attached map for bus parking areas.
- Spectator parking: Spectators may park in any available spaces in the elementary or high school parking lots or on nearby side streets.
- Facility entrance: All athletes and coaches should be dropped off and enter the track facility at the SW corner, near the white shed, of the high school. Spectators should enter the facility at the main entrance gate, located at the northeast corner of the track (near the elementary playground).

Restrooms & Concessions

Located on the lower level of the press box and at the white shed at the SW corner.

Football Turf & Track Surface Rules

- Only regulation track shoes/spikes and tennis shoes are allowed on the track or field turf areas.
- No tape on the rubberized surface areas. Please use chalk (provided by SW).
- Shot put, discus, & pole vault practice on the synthetic turf areas are strictly forbidden.
- No food, candy, or beverages (except water), including soft drinks, sports drinks, sunflower seeds, gum, or other foreign food substances are permitted on the artificial field or track.
- Chairs, tables, canopies, tent stakes, flags, or any other potentially damaging objects may not be placed on any part of the artificial turf or track without permission from SWSD maintenance/administration prior to the event.
- Equipment to be transported across the field turf or track surface must be carried or transported on a cart with tires that will not dent, puncture, or otherwise damage these surfaces.
- **Any damage to the field or track caused by failing to follow regulations will result in a fine to cover the cost of cleaning and/or repair to restore the facility to its prior condition.**

Team Camps & Warm-Up Areas

- Team camps can be set up on the west hillside, between the track and the HS parking lot (see map).
- Athletes and fans are not allowed on the infield.
- Warm-ups may be done on the back stretch.

Field Events

- Pole vault, discus, & triple jump will be **boys first**, followed by girls.
- High jump, shot put, & long jump will be **girls first**, followed by boys.

Running Events

- Finals in the 100/110 High Hurdles, 100 m. Dash... with 8 advancing to finals.
- If there is only 1 heat, that "heat" will be considered the final.

Relay Exchange Zones

- **4x100** #1 - BSMS & Southwestern
#2 – Boscobel & Cuba City
#3 – Iowa-Grant & Southwestern
- **4x200** #1/#3 – River Ridge & Riverdale
#2/#4 – Meet referees

Field Events



TIME	B/G	Event
4:00pm	G	Shot Put: Flights; 3 throws; 9 to finals
	B	Shot Put: Flights; 3 throws; 9 to finals
	B	Triple Jump: Open pit (90-min.); 3 jumps; 9 to finals
	G	Triple Jump: Open pit (90-min.); 3 jumps; 9 to finals
	G	Long Jump: Open pit (90-min.); 3 jumps; 9 to finals
	B	Long Jump: Open pit (90-min.); 3 jumps; 9 to finals
	G	High Jump: 4'
	B	High Jump: 5'
	B	Pole Vault: 8'
	G	Pole Vault: 6'
	B	Discus: Flights; 3 throws; 9 to finals
	G	Discus: Flights; 3 throws; 9 to finals



Running Events

TIME	B/G	Event
4:15 pm	G	4x800 M Relay
	B	4x800 M Relay
	G	100 M Dash Trials
	B	100 M Dash Trials
	G	100 M Hurdles Trials
	B	110 M Hurdles Trials

B/G	Event
G	400 M Dash
B	400 M Dash
G	4x100 M Relay
B	4x100 M Relay
G	300 M Low Hurdles
B	300 M Intermediate Hurdles
G	800 M Run
B	800 M Run
G	200 M Dash
B	200 M Dash
G	3200 M Run
B	3200 M Run
G	4x400 M Relay
B	4x400 M Relay

15 Minute Break – National Anthem

G	100 M Hurdles Finals
B	110 M Hurdles Finals
G	100 M Dash Finals
B	100 M Dash Finals
G	1600 M Run
B	1600 M Run
G	4x200 M Relay
B	4x200 M Relay

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SCHEDULE IS ROLLING... IF WE GET AHEAD WE WILL STAY AHEAD

Results

- Results will **NOT** be printed. Please visit www accuracetimeing.com for all results during and after the meet.

Questions

Questions can be directed to:

Southwestern HS Track Coach – Paul Reynolds
preynolds8585@gmail.com
 563.543.5188

Southwestern HS Athletic Director – Tom Koeller
koellert@sbsd.k12.wi.us
 608.330.3803 (c)

Facility Map



