

SWC MID-SEASON INVITATIONAL @ LANCASTER

TUESDAY, APRIL 30th, 2024

LANCASTER TRACK AND FIELD COMPLEX

806 E ELM STREET, LANCASTER, WI 53813

Participating Teams:

Dodgeville/Mineral Point, Lancaster, Platteville, Prairie du Chien, Richland Center, River Valley

Entry Limits:

Unlimited entries. Wisconsin high school rules apply to the number of events in which an individual athlete may compete.

Entry Deadline:

<https://wi.milesplit.com/> will be handling online entries. Only online entries will be accepted. The link to access online entries will be available at <http://www accuracetiming.com/schedule.html>

Online entries will close on **Monday, April 29th @ NOON**. For questions related to online entries, please contact Clark Jillson at AccuRace Timing, chvjillson@aol.com

Start time:

Coaches Meeting – 4:10pm
Field Events – 4:30pm
Races – 4:30pm

Meet Officials:

Tom Block
Sarah Pross
Knight Wynn

Scoring:

10-8-6-4-2-1

Entry Fee:

\$150.00

Performances: Please submit realistic times for all track entries. (Only scratches will be accepted on the day of the meet)

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

Bus Parking: Buses can park in the High School parking lot.

Gate Information:

Adults & Students \$5, Children 5 and under free. Conference Passes Accepted

Concessions:

Will be available

Exchange Zones:

Please assist us in watching the exchange zones

SCHEDULE OF EVENTS *(Tentative)*

<i>Field Events</i>		
Time	B/ G	Event
4:30	G	Shot Put: 3 Throws, No Finals
	B	Shot Put: 3 Throws, No Finals
4:30	B	Triple Jump: Open pit; (1 hour); 3 jumps; No Finals
	G	Triple Jump: Open pit; (1 hour); 3 jumps; No Finals
4:30	G	Long Jump: Open pit; (1 hour); 3 jumps; No Finals
	B	Long Jump: Open pit; (1 hour); 3 jumps; No Finals
4:30	G	High Jump: Open pit; (1 hour)
	B	High Jump: Open pit; (1 hour)
4:30	B	Pole Vault; Open pit (1 hour)
	G	Pole Vault; Open pit (1 hour)
4:30	B	Discus: Flights; 3 throws; No Finals
	G	Discus: Flights; 3 throws; No Finals

<i>Running Events</i> <small>(All running events will be girls followed by boys, wheelchair events are coed)</small>		
Time	B/ G	Event
4:30	G	4x800 Meter Relay (we may run both genders together)
	B	4x800 Meter Relay
	G	100 Meter Hurdles
	B	110 Meter Hurdles
	G	100 Meter Dash
	B	100 Meter Dash
	G	1600 Meter Run (we may run both genders together)
	B	1600 Meter Run
	G	4x200 Meter Run
	B	4x200 Meter Run
	G	400 Meter Dash
	B	400 Meter Dash
	G	4x100 Meter Relay
	B	4x100 Meter Relay
	G	300 Meter Low Hurdles
	B	300 Meter Intermediate Hurdles
	G	800 Meter Run
	B	800 Meter Run
	G	200 Meter Dash
	B	200 Meter Dash
	G/B	3200 Meter Run (we will run both genders together)
	G	4x400 Meter Relay
	B	4x400 Meter Relay

*****SCHEDULE IS ROLLING, IF WE GET AHEAD WE WILL STAY AHEAD*****

