



Southwestern Track & Field

Southwestern Middle School Track & Field Meet

Friday, May 3, 2024

Southwestern High School Track & Field Complex

Participating Teams

- Argyle, Belmont, Cuba City, Darlington, East Dubuque, Fennimore, Iowa-Grant, Lancaster, Mineral Point, Platteville, Scales Mound, Shullsburg, Tri-State Homeschool, & Southwestern

Meet Officials

- Tom Block & Chuck Spielman

Entries

- Maximums per school
 - 5 entries per running event (relays count as a running event)
 - 1 team entry per relay
 - 4 entries per field event
- All entries must be done using the Athletic.net website – <https://www.athletic.net>
- Entries must be received by **Noon on Thursday, May 2nd**
- Questions related to online entries should be directed to Clark Jillson at AccuRace Timing, chvjillson@aol.com

Entry Fee

- \$100 – Bring the night of the invite -or-
 - Mail to...
Southwestern School District
ATTN: DeeDee Smith
P.O. Box 368
Hazel Green, WI 53811

Admission

- All admission - \$3. 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.*

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).
- For athlete and fan safety, spectators will **NOT** be allowed inside of competition areas. Please remain behind fences/ropes.

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.

Restrooms & Concessions

- Located on the lower level of the press box

Start Times

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

Awards

- Medals for 1st, 2nd, & 3rd places.

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.
- 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 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.**

Event Information

- The meet will be organized into boys and girls divisions.
- Each participant may enter up to three events, with a combination of two field and one running, or two running and one field.
- Scratches & Changes – For running and field events, the changes can be made at the white shed at 3:30.

High Jump

- Starting Heights: Girls – 3'8". Boys – 4'0"
- The bar will be moved up 2" at a time until there are three competitors left. Then, the bar will be moved up 1" at a time. Each competitor will be allowed three attempts at each height if needed.

Running Events

- Starting blocks will **NOT** be used.
- All events will be **finals**, so inform your athletes that they are running for times.
- All runners should report with the clerk on the south end of the track. **ALL ATHLETES NEED TO BE SURE THEY ARE ON TIME!**

Schedule of Events

Field Events

TIME	B/G	Event
4:00pm	G	Shot Put: 3 throws; No finals
	B	Shot Put: 3 throws; No finals
4:00pm	G	Long Jump: Open pit; 3 jumps; No finals
	B	Long Jump: Open pit; 3 jumps; No finals
4:00pm	G	High Jump: 3'8"
	B	High Jump: 4'
4:00pm	B	Discus: 3 throws; No finals
	G	Discus: 3 throws; No finals

→ Long jump will be done "cafeteria style"

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

Running Events

TIME	B/G	Event
4:30 pm	G	100 Meter Low Hurdle Finals
	B	100 Meter Low Hurdle Finals
	G	100 Meter Dash Finals
	B	100 Meter Dash Finals
	G	1600 Meter Run
	B	1600 Meter Run
	G	4x200 Meter Run (1-2 Red to Red; 2-3 Red to Red; 3-4 Yellow to Yellow)
	B	4x200 Meter Run (1-2 Red to Red; 2-3 Red to Red; 3-4 Yellow to Yellow)
	G	400 Meter Dash
	B	400 Meter Dash
	G	4x100 Meter Run (All runners: Yellow to Yellow)
	B	4x100 Meter Run (All runners: Yellow to Yellow)
	G	800 Meter Run
	B	800 Meter Run
	G	200 Meter Dash
	B	200 Meter Dash
	G	4x400 Meter Run
	B	4x400 Meter Run



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Results

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

Questions

Questions can be directed to:

Southwestern MS Track Coach – Stephanie Elmquist
elmquists@swsd.k12.wi.us
 608.306.2907

Southwestern MS Athletic Director – Al Minter
mintera@swsd.k12.wi.us
 815.541.5744

Facility Map



