

Three Rivers Conference Track Meet
Friday, May 16th, 2025
Sparta High School Track

Dear Coach:

Welcome to the 3-Rivers Middle School Conference Track Meet to be held on May 16, 2025. Coaches meeting @ 4:00p. Field events will start at 4:30p and Running events will start at 4:45p. Teams involved are Aquinas, Holmen, Logan, Longfellow, Onalaska, Sparta, Tomah, & West Salem, Westby, and Winoah. The following events will be contested:

- Order of Events:
 - Girls – First
 - Boys – Second
 - 100 meter low hurdles (5 sets of hurdles on the high school 110 hurdle markings, set at 30 inches high)
 - 100 meter run
 - 1600 meter run
 - 4 x 200 relay
 - 400 meter dash
 - 4 x 100 relay
 - 200 hurdles (6 sets of hurdles on the high school 300 hurdle markings, set at 30 inches high)
 - 800 meter run
 - 200 meter dash
 - 4 x 400 relay
- All field events will be run cafeteria-style. (4 jumps, 4 throws, no finals):

Discus

High Jump (opening height at 3'10" for girls and 4'4" for boys)

Long Jump

Shot Put

Triple Jump

Notes

Regular season rules will apply with the following additions:

Twenty four entries per school, one relay entry per school per gender. A school cannot enter more than three (3) athletes in any event.

One false start warning will be given to the field; any false start thereafter will lead to an individual's disqualification.

Our track and field event approaches are seal-flex and 1/4 inch or less pyramid spikes are allowed. All other spikes will result in disqualification from that event.

Coaches, scratches can be made in the track storage shed at the end of the front straight when you arrive. Substitutions can be made and use the spot of the original entry.

Spectators can NOT be in the infield.

Concessions will be available.

Please enter your athletes by noon on Wednesday, May 14th on www.athletic.net

If you have any questions or concerns, please contact us at amorabito@spartan.org or bsanders@spartan.org

Addendum A: NFHS Track Scoring Rules

Section 1: Meet Scoring

Article 1: Team points are awarded to place winners according to the order in which competitors finish in a given event. For scoring purposes a team is made up of one or more competitors representing a single school. The team winner is determined by totaling the points won by the individuals and relay teams representing that school.

Article 2: The number of places to be scored for each event, unless otherwise announced by the games committee, shall be according to the accompanying table:

Number of Teams Competing in the Meet Scoring	Individual Scoring	Relay
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	
10-8-6-4-2		
7 or more (6 scoring)	10-8-6-4-2-1	
10-8-6-4-2-1		
7 or more (7 scoring)	10-8-6-4-3-2-1	
10-8-6-4-3-2-1		
7 or more (8 scoring)	10-8-6-5-4-3-2-1	
10-8-6-5-4-3-2-1		

Article 3: When any apparent place winner is disqualified in an event, lower place winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.

Article 4: Event points will be awarded to the opposing teams upon the determination by the referee, that the venue is unacceptable for competition. Points will be totaled and divided equally among visiting teams. The host team will receive no points.

Article 5: The score of a forfeited dual meet shall be 9-0.

Section 2: Scoring Ties

Article 1: A tie in a running event occurs when two or more competitors cross the finish line simultaneously, or when two or more competitors or relay teams running in separate sections, finish with identical times.

Article 2: A tie in the field events occurs when two or more competitors finish with the same distance or height.

Article 3: In the vertical jumping events, a competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

Article 4: If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.