

TRI-STATE LARGE MEET
Saturday, March 21st, 2015
Williams Fieldhouse

- Participating Teams: Antioch, Davenport West, Freeport, Milton, Mount Horeb, Oregon, Platteville, Richland Center, River Valley, Stoughton, and Sun Prairie. *If you haven't returned a contract and payment do so ASAP.*
- Entry Limits: Teams will be limited to 3 athletes per event, except for in the 3200 m run, which is limited to 2 athletes. The pole vault is also limited to 2 athletes unless coach can verify through official results from last season that third athlete has cleared 11 feet for boys and 8 feet for girls. Please e-mail Clark Jillson at Accurace Timing, chvjillson@aol.com, with additional entries in the pole vault. One relay entry per event. Wisconsin high school rules apply to the number of events an individual athlete can compete in.
- Entry Fee: Entry fee is \$200.00 per school or \$125.00 per team.
Please make check payable to: UW-PLATTEVILLE
- Check should be sent to:
- | | |
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| Andres Young | Phone: (608) 342-1263 |
| UW-Platteville | Fax: (608) 342-1576 |
| 1 University Plaza | E-mail: youngan@uwplatt.edu |
| Williams Fieldhouse | |
| Platteville, WI 53818 | |
- Entry Deadline: Directathletics.com will be handling online entries. Only online entries will be accepted. The link to access online entries will be available at:
<http://www accuracetimeing.com/schedule.html>
- Registration will begin on **Thursday, March 12th**. Online entries will close on **Wednesday, March 18th**. For questions related to online entries please contact Clark Jillson at Accurace Timing, chvjillson@aol.com.
- Performances: Please submit realistic times for all track entries. Races 200m and above will be seeded from slowest to fastest. Only scratches will be accepted 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 web site:
http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf
- Start Time: The building will be available at 4:00 pm (Morning session will dictate availability time). Coaches meeting will be in B52 which is on the lower level as you enter the track. This meeting will take place at 4:10 pm.
- Facility: The meet will take place in the Williams Fieldhouse at UW-Platteville. **No spikes are allowed!** Anyone wearing spikes will be automatically disqualified from the meet. The track is 6 lanes (8 lanes on the straight) with a Rekortan surface. **FOOD OR DRINK WILL NOT BE ALLOWED IN THE INDOOR TRACK AREA. ONLY WATER WILL BE ALLOWED.**
- Long Jump: The long jump will only use the South Pit (Garage Door). Distance from the wood takeoff board is 10 feet. Approach is approximately 115 feet. There is also a normal surface board that is five feet from pit if needed.

- Triple Jump: The triple jump will only use the West Pit (Back Stretch). Distances from the track surface takeoff boards are 24, 28, 32, 36, and 40 feet. Approach is unlimited.
- Locker Rooms: Locker rooms and showers are located one flight above the track level in the men and women's general locker room. Please provide your own locks and towels. No items should be left unattended in the locker rooms.
- Training Room: A certified trainer will be available throughout the entire event. The trainers will be located on the north side of the track.
- Bus Parking: Buses may drop off athletes/coaches in the circle drive area on the East side of the Williams Fieldhouse. Bus parking will be in Lot 6.
- Gate Information: The gate costs are \$4.00 for adults and \$2.00 for students. Concessions will be available.
- Questions: If you have further questions or concerns, please call:
Andres Young at (608) 342-1263 or
Kyle Stiklestad at (608) 723-2173 ext. 376

TRI-STATE LARGE SCHOOL

Schedule of Events

Schedule is **tentative**; we will run ahead if possible

FIELD EVENTS

- 4:30 Girls Shot Put – Flights, 3 throws, 9 to finals
Boys Shot Put (follows the girl's shot put) – Flights, 3 throws, 9 to finals
- 4:30 Girls Triple Jump (West Pit) – Open pit for 2.5 hours, 3 jumps, no finals
- 7:15 Boys Triple Jump (follows the girl's triple jump) – Open pit for 2.5 hours, 3 jumps, no finals
- 4:30 Boys Long Jump (South Pit) – Open pit for 2.5 hours, 3 jumps, no finals
- 7:15 Girls Long Jump (follows the boy's long jump) – Open pit for 2.5 hours, 3 jumps, no finals
- 4:30 Girls High Jump – starting height 4'2"
Boys High Jump – starting height 5'2"
- 4:30 Boys Pole Vault – starting height 8'0" to 9'0" and then 6" increments
Girls Pole Vault – starting height 6'0" to 7'0" and then 6" increments

RUNNING EVENTS

- 4:30 3200 Meter Run – Girls
- 4:50 4x800 Meter Relay – Girls
- 5:05 4x800 Meter Relay – Boys
- 5:20 55 Meter Hurdle Trials – Girls
- 5:35 55 Meter Hurdle Trials – Boys
- 5:50 55 Meter Dash Trials– Girls
- 6:05 55 Meter Dash Trials– Boys
- 6:20 1600 Meter Run – Girls
- 6:40 1600 Meter Run – Boys
- 7:05 4x200 Meter Relay – Girls

7:20 4x200 Meter Relay – Boys
7:40 400 Meter Dash – Girls
8:00 400 Meter Dash – Boys
8:20 55 Meter Hurdle Finals – Boys
8:25 55 Meter Hurdle Finals – Girls
8:30 55 Meter Dash Finals – Boys
8:35 55 Meter Dash Finals – Girls
8:40 800 Meter Run – Girls
8:55 800 Meter Run – Boys
9:10 200 Meter Dash – Girls
9:30 200 Meter Dash – Boys
9:50 3200 Meter Run – Boys
10:10 4x400 Meter Relay – Girls
10:30 4x400 Meter Relay – Boys

**Meet results will be posted on UW-Platteville Track & Field and
AccuRace Timing websites**