

Inside Out High School Meet
Saturday, March 28, 2026
Williams Fieldhouse

- Teams Attending: Abundant Life, Belleville, Benton/Scales Mound/Shullsburg, Cuba City, Fennimore, Freeport (Boys Only), Lancaster and Platteville.
- Entry Limits: Entry limits per event will be decided when the number of teams is finalized. Plan on having 3 or more athletes per event. Wisconsin high school rules still apply to the number of events an individual athlete competes in. A decision on indoor/outdoor meet will be decided by March 22nd.
- Entry Fee: Entry fee is \$250.00 per school or \$125.00 per single gender team. Credit card payment will be required when you finalize your entries. Questions on payment should be directed to Chris Rotzenberg. Phone: (608) 342-1008; e-mail: rotzenbergc@uwplatt.edu
- Entry Deadline: **wi.milesplit.com** will be handling online entries. Only online entries will be accepted. Registration will begin on **Monday, March 23rd**. Online entries will close at **6:00 pm on Friday, March 27th**. For questions related to online entries please contact Clark Jillson at Accurace Timing, chvjillson@aol.com.
- Coaches Meeting: Coaches meeting will be in B52 which is on the lower level as you enter the track. This meeting will take place at 9:30 am.
- Performances: Please submit realistic times for all track entries. Races 200m and above will be seeded from slowest to fastest. Only scratches and substitutions will be accepted the day of the meet. This will take place at the coaches meeting.
- 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
- Facility: Weather will dictate where the meet will take place. Indoor and outdoor facility will be available for entire meet or select events contested inside/outside. Spikes will be allowed on the indoor track but can only be 1/8 inch. Shoes with spikes in them should only be worn in the competition area. Quarter inch or smaller pyramid spikes are allowed on the outdoor track.
- 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.
- 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 \$5.00 for adults and \$3.00 for students. Concessions will be available.
- Waiver Form: **Athletes and coaches should be aware and in compliance with paperwork necessary to compete at UW-Platteville. This form will cover your entire team and will be forwarded to the head coach a month or so before the meet. It must be sent to Chris Rotzenberg (rotzenbergc@uwplatt.edu) no later than three days before the meet. If your team competed at a meet earlier this week, you don't have to submit the form again.**

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Schedule of events will be updated depending on weather

FIELD EVENTS (Discus will be contested if weather permits)

- 10:00 am Boys Shot Put – Flights, 3 throws, 9 to finals
Girls Shot Put (follows the boy's shot put) – Flights, 3 throws, 9 to finals
- 10:00 am Girls Discus – Flights, 3 throws, 9 to finals
Boys Discus (follows the girl's discus) – Flights, 3 throws, 9 to finals
- 10:00 am Boys Triple Jump – Open pit for 2 hours, 4 jumps, no finals
Girls Triple Jump (follows Boy's triple jump) – Open pit for 2 hours, 4 jumps
- 10:00 am Girls Long Jump – Open pit for 2 hours, 4 jumps, no finals
Boys Long Jump (follows Girl's long jump) – Open pit for 2 hrs, 4 jumps
- 10:00 am Boys High Jump
Girls High Jump (follows Boy's High Jump)
- 10:00 am Girls Pole Vault
Boys Pole Vault (follows Girl's Pole Vault)

RUNNING EVENTS (This currently assumes an indoor meet)

- 10:30 4x800 Meter Relay – Girls
4x800 Meter Relay – Boys
High Hurdle Trials – Girls
High Hurdle Trials – Boys
55 Meter Dash Trials– Girls
55 Meter Dash Trials– Boys
1600 Meter Run – Girls
1600 Meter Run – Boys
4x200 Meter Relay – Girls
4x200 Meter Relay – Boys
400 Meter Dash – Girls
400 Meter Dash – Boys
High Hurdle Finals – Boys
High Hurdle Finals – Girls
55 Meter Dash Finals – Girls
55 Meter Dash Finals – Boys
800 Meter Run – Girls
800 Meter Run – Boys
200 Meter Dash – Girls
200 Meter Dash – Boys
3200 Meter Run – Boys
3200 Meter Run – Girls
4x400 Meter Relay – Girls
4x400 Meter Relay – Boys

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