



Viroqua High School JV Track & Field Invite Thursday, May 2, 2024

Schools: Holmen, Sparta, Viroqua, Westby

Start Times:

- Coaches Meeting at: 3:50 PM
- Field Events / 3200 Relay begin: **4:15 PM**
- Games Committee: Viroqua, Sparta, Westby

Entries:

- Max. Eight (8) individuals and two (2) relays per team per race
- Max. Six (6) individuals per team per field event
- Please only enter individuals that are at a JV level of competition per the event
- We will be using AccuRace Timing – (www accurace timing.com). Complete the online registration at www milesplit.com.
- **Entries due by Wednesday, May 1 @ noon**
- There may be replacements, but NO additional entries, during the Coaches Meeting.

Events:

- Athletes will be allowed four (4) jumps/throws, no finals
- High jump: **Starting height will be determined by entries**
- Pole Vault: **Starting height will be determined by entries**
- Horizontal jumps will be cafeteria style
- Throws will be cafeteria style

**Order of
Field Events:**

- High Jump Girls followed by Boys
- Long Jump Girls (4:15-5:30) followed by Boys (5:45-7:00)
- Shot Put Girls followed by Boys
- Triple Jump Boys (4:15-5:30) followed by Girls (5:45-7:00)
- Discus Boys followed by Girls
- Pole Vault Boys followed by Girls

Parking: Buses may drop off athletes at the stadium but will need to park elsewhere.
Parking details to follow.

Other Info: There will be a concession stand
ONLY chalk allowed on the track - NO TAPE
1/4" pyramid spikes only PLEASE

Scoring: The meet will not be scored

Officials: Eric Anderson, Todd Camlek, Jeni Paulson

Order of Running Events

4:15 –

Girls 4x800 Relay
Boys 4x800 Relay
Girls 100 Hurdle Finals
Boys 110 Hurdle Finals
Girls 100 Dash Finals
Boys 100 Dash Finals
Girls 1600 Run
Boys 1600 Run
Girls 4x200 Relay
Boys 4x200 Relay
Girls 400 Dash
Boys 400 Dash
Girls 4x100 Relay
Boys 4x100 Relay
Girls 300 Hurdles
Boys 300 Hurdles
Girls 800 Run
Boys 800 Run
Girls 200 Dash
Boys 200 Dash
Girls 3200 Run
Boys 3200 Run
Girls 4x400 Relay
Boys 4x400 Relay
Girls Throwers Relay (All runners must be entered in a throwing event)
Boys Throwers Relay (All runners must be entered in a throwing event)

Questions: Call Dan Brown, Viroqua High School Athletic Director – 608-606-1427