

TO: AD's and Middle School Track Coaches
FROM: Hugh Gaston, Meet Manager
RE: Wis Dells MS Triangular
DATE: April 22, 2024

AD's and Coaches

This letter will contain most of the necessary information pertinent to next Monday's meet. Please feel free to contact me with any questions via email at hgaston@sdwd.k12.wi.us

1. DATE OF MEET: Monday, April 29, 2024
2. LOCATION: Wisconsin Dells High School, 1501 Brew Farm Rd.
3. TEAMS: Lodi, Reedsburg, Wisconsin Dells
4. TIMES:
 - a. Coaches Check-In 4:00 – Finish Line
 - b. Field Events 4:15
 - c. Running Events 4:30
5. ENTRIES:
 - a. Entry Limits:
 - a.i. Four Entries per Athlete (Combo of Field and Running Events)
 - a.ii. Unlimited Entries per Event
 - a.iii. Events will not be seeded
 - b. Entry Procedure
 - b.i. AccuRace Timing is providing Entry Collection and Event Timing
 - b.ii. Entries will be through Athletic.net. Please send entries to athletic.net.
 - b.iii. Entry deadline is 12:00 pm on Sunday, April 28.
6. TRACK & SPIKES: WDHS has an 8-lane (9-lane 100m) polyurethane track. Chalk will be allowed on the track surface but must be removed immediately after using. 1/4-inch exposed spikes will be allowed on the track surface.
7. LONG & TRIPLE JUMP: The Girls will use the West runway and begin with the triple jump and the boys will use the East runway and begin with the long jump. Four jumps for each event.
8. HIGH JUMP: Girls will start at 3'8" and will high jump first. Boys will begin at 3'10" (this is negotiable)
9. SHOT & DISCUS: Boys will shot-put first and girls will throw discus first. 4 throws for each event. Wisconsin Dells will provide the shot puts, so that everyone throws the same weight.
10. FORMAT FOR COMPETITION:

All Field Events

100 Meter Low Hurdles (Girls)
100 Meter Low Hurdles (Boys)
100 Meter Dash (G)
100 Meter Dash (B)
1600 Meter Run (G)
1600 Meter Run (B)
800 Meter Relay (G)
800 Meter Relay (B)
400 Meter Dash (G)
400 Meter Dash (B)
400 Meter Relay (G)

400 Meter Relay (B)
800 Meter Run (G)
800 Meter Run (B)
200 Meter Dash (G)
200 Meter Dash (B)
1600 Meter Relay (G)
1600 Meter Relay (B)