

# 2025 Westby Middle School Track & Field Meet

- DATE: Tuesday, May 6th, 2025
- SITE: Westby Area High School
- TEAMS: Logan, Viroqua, Westby and Winona
- TIME: 4:00 pm Coaches meeting, scratches only, no additions.  
4:15 pm Field events begin\*  
4:30 pm Running events, no trials.\*
- ENTRIES: **\*Be conscious of our 6 lane track; we want to get all events in before dark**  
No limits on athletes per RUNNING and FIELD events.  
Limit high jumpers to 3 boys and 3 girls per team  
WIAA 4 event limit enforced (no more than 3 field or 3 running for one athlete)  
**Deadline to post entries is NOON on Monday, May 5th. The link to entries can be found at [Athletic.net](https://athletic.net)**
- SCORING: 6-4-3-2-1, with relays scoring 6-4-2.
- EQUIPMENT: Blocks will be provided. 1/4" spikes allowed on all-weather surface
- ADMISSION: None
- CONCESSIONS: Yes
- FIELD EVENTS: 3 Jumps, 3 Throws, no finals Long/Triple Jump  
Long Jump First Cafeteria style  
Triple Jump at the conclusion of Long Jump  
Girls - High jump and shot put first  
Boys - Discus first

ORDER OF EVENTS: *GIRLS- first*

100 meter low hurdles  
100 meter run  
1600 meter run  
4 x 200 meter relay  
400 meter dash  
4 x 100 meter relay  
200 meter hurdles  
800 meter run  
200 meter dash  
4 x 400 meter relay  
High Jump - starts at 3'6" for Girls and 4'0" for Boys  
Long Jump - 3 Jumps  
Triple Jump - 3 Jumps  
Shot Put - 3 Puts  
Discus - 3 Throws

QUESTIONS:

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