

# 2024 Westby Middle School Track & Field Meet

- DATE:** Tuesday, May 7th, 2024
- SITE:** Westby Area High School
- TEAMS:** Holmen, Logan, Viroqua, and Westby
- TIME:** 4:00 pm Coaches meeting, scratches only, no additions.  
4:15 pm Field events begin  
4:30 pm Running events, no trials.
- ENTRIES:** Limit high jumpers to 3 boys and 3 girls per team  
WIAA 4 event limit enforced, no more than 3 field or 3 running per athlete
- Per conference rule there are no limits on the number of athletes a team can enter into an event. However, please use common sense when submitting your entries. For example, if every team enters 40 athletes into the long jump it could be a long night.
- Register your athletes at <https://www.athletic.net>  
Deadline to post entries is NOON Monday, May 6th.**
- SCORING:** 6-4-3-2-1, with relays scoring 6-4-2
- EQUIPMENT:** Blocks will be provided. ¼" spikes allowed on all-weather surface
- ADMISSION:** None
- CONCESSIONS:** None
- 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, High Jump following girls

**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:**

Kevin Sherry, Middle School Athletic Director

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Kylie Bluske, Co-Head Coach

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