

2024 MISSISSIPPI VALLEY CONFERENCE TRACK AND FIELD MEET INFORMATION

DATE: Saturday, May 11, 2024

PLACE: Veteran's Memorial Field - UW-La Crosse

TEAMS: Aquinas, Central, Holmen, Logan, Onalaska, Sparta, and Tomah **HOST SCHOOL:** Onalaska

ONLINE ENTRY: Entries will be online with [MileSplitWI](#). **Entries open** on Tuesday, May 7th at 8:00 pm
Entries close on Thursday, May 9th at 8:00 pm. Late entries will not receive preferential seeding.

TIMING SERVICE: AccuRace Timing. Live results will be available at [accuracetimeing.com](#). No JV team scores will be kept.

ENTRY LIMITS: JV teams will have unlimited entries in all events. Varsity teams will be limited to 28 individual entries with a maximum of 3 individual entries in any individual event.

PARTICIPATION LIMITS: An athlete can compete in both meets provided they do not exceed four events between both meets. An athlete may enter a maximum of four events between the two meets but can participate in no more than three running or three field events. Being listed as a substitute on a relay team(s) counts as an event.

SCRATCHES AND REPLACEMENTS: Scratches and replacements will be allowed at the meet **only in the event of** injury, illness, or athletic suspension.

MEET OFFICIALS: Karl Bisek, Shanon Rodenberg, Chuck Walek, and Brandon Page

GAMES COMMITTEE: Collin Eswain Tomah, Tom Kamer Logan, Chris Kjos Central, and Meet Referee

FINALS IN FIELD EVENTS: Finals will be conducted in all the triple jump, long jump, shot put, and discus with the **top 10** varsity athletes making finals

AWARDS: The **top 3 varsity finishers** will be recognized immediately after their event on the track with 1st place and 2nd place medals awarded. Field events will also be recognized throughout the meet. The awards podium will be on the infield at the midway point of the straightaway. See the schedule for when the awards for each event will be handed out.

ATHLETIC TRAINING: Athletic trainers from Gundersen Sports Medicine will be available by the finish line area.

ADMISSION COST: \$10.00 Adults \$5.00 Students/Seniors with children 8 years and under free. Tickets can be purchased with [GoFan](#) or at the main gate at the south end of the bleachers.

SPECTATOR RESTRICTED AREAS: **No** spectators will be allowed on the infield. **ONLY coaches and athletes with the meet wristbands** have access to the infield. Wristbands will be provided to each coach and athlete when you arrive. Please let your parents, students, and other spectators know.

CONCESSIONS: Concessions will be available throughout the meet in the main concourse area.

BUS PARKING: Busses can park on 16th and 17th Street. Vans and cars may park in Lot C

TEAM CAMPS: All team camps must be outside of the track area. **NO CAMPS** in Mitchell Hall.

CLERK TENTS/TABLES: JV and varsity athletes will check in to their respective tents/tables. The JV tent/table will be located behind the starting area of the 100-meter dash. The varsity tent/table will be on the infield at about the 50-meter mark of the home straight.

FUTURE HOSTS: 2025 - Sparta 2026 - Tomah 2027 - Aquinas

QUESTIONS: This year's host school is Onalaska. Contact Onalaska A.D. Jason Thiry or Onalaska Head Coach Darin Shepardson with any questions.

Jason Thiry, thija@onalaskaschools.com

Darin Shepardson, sheda@onalaskaschools.com

On-Site Meet Manager Matt Gordy

2024 MISSISSIPPI VALLEY CONFERENCE TRACK AND FIELD MEET INFORMATION

RUNNING EVENTS INFORMATION: **ALL athletes must check into the clerk's tent to be checked in and given their hip numbers at least 10 minutes before the start of their event.** Athletes who fail to check into their events will be scratched from the event. The time schedule is for reference only. We will move ahead of the schedule if possible but will not rush the meet.

Clerk tents/tables: There will be one clerk's tent/table for JV athletes behind the starting line area of the 100 dash and one clerk's tent/table for varsity athletes on the infield at about the 50-meter mark on the home straight.

Timed Finals: All events will be conducted as timed finals. Wheelchair heats first, then JV heats, then the varsity heats **except for the 4x800 relays and the 3200 meter runs** where JV races will be conducted as **co-ed**. All heats will be run from slowest to fastest.

Track Lane Assignments: Seeding for individual and relay events will use all 10 lanes with preferred lanes of 5,6,4,7,3,8,2,9,1,10

FIELD EVENT INFORMATION: **ALL athletes must check in with the head event judge 30 minutes before the event starts.** Athletes not checking in before the event begins will be scratched from the event.

Starting Heights: High jump and pole vault starting heights will be determined by the games committee.

Excused to Participate: Athletes in field events can be excused to participate in a running event. Athletes checking out may be allowed to make attempts in succession with successive attempts to be taken within 2 minutes. Athletes checking out need to report to the head event judge. Once the athlete is called for their next attempt the athlete must complete their attempt within 10 minutes or that attempt will be scratched.

Prelims and Finals: In the JV long jump, triple jump, shot put, and discus competition the athletes will have 3 attempts with no finals contested. In the varsity long jump, triple jump, shot put, and discus competition the athletes will have 3 attempts in prelims and 3 attempts in the finals. There will be a 15 minute warm-up period between the prelims and the finals.

Long Jump and Triple Jump: Preliminary rounds in the long jump and the triple jump will be conducted in an **open pit** format. Varsity finals will be conducted in **reverse order** with the best jumper jumping last.

High Jump and Pole Vault: The JV and varsity high jump and pole vault competitions will be conducted simultaneously in separate pits. Pole vault weight verification forms must be provided to the head event judge and all poles checked in before warm-ups begin. Athletes will not be allowed to compete on poles rated under the athlete's recorded weight.

Shot Put and Discus: Certification for implements will be in the locker room at the north under the stadium. JV and Varsity shot put events will be run concurrently with girls JV/varsity shot and boys JV/varsity discus first. JV competitors will have 3 throws no finals. Varsity will have 3 preliminary throws then 3 throws in finals.

2024 MISSISSIPPI VALLEY CONFERENCE TRACK AND FIELD MEET TIME SCHEDULE

8:30 AM - Stadium Open

9:00 AM - Coaches Meeting

9:50 AM - National Anthem

FIELD EVENTS TIME SCHEDULE: **All athletes must report 30 minutes before the competition begins!**

10:00 AM - NOON Girls Shot: West Ring - JV East Ring - Wheelhacir/Varsity

10:00 AM - NOON Boys Discus: North Ring - JV South Ring - Varsity

10:00 AM - Girls High Jump: West Pit - JV East Pit - Varsity

10:00 AM - Boys Pole Vault: South Pit - JV North Pit - Varsity

10:00 AM - NOON Girls Triple Jump: West Runway - JV and Varsity Open Pit. Varsity finals to follow.

10:00 AM - NOON Boys Triple Jump: East Runway - JV and Varsity Open Pit. Varsity finals to follow.

12:30 PM - Boys High Jump: West Pit - JV East Pit Varsity

12:30 PM - Girls Pole Vault: South Pit - JV North Pit - Varsity

1:00 PM - 3:00 PM Girls Discus: North Ring - JV South Ring - Varsity

1:00 PM - 3:00 PM Boys Shot Put: West Ring - JV East Ring - Wheelchair/Varsity

1:00 PM - 3:00 PM Girls Long Jump: West Runway - JV and Varsity Open Pit. Varsity finals to follow

1:00 PM - 3:00 PM Boys Long Jump: East Runway - JV and Varsity Open Pit. Varsity finals to follow.

RUNNING EVENTS TIME SCHEDULE: **All athletes must check in no later than 10 minutes before their event!**

10:00 AM - Co-Ed Girls/Boys JV 4x800

10:15 AM - Girls Varsity 4x800

10:30 AM - Boys Varsity 4x800

Awards Girls 4x8

10:45 AM - Girls JV 100 H

Awards Boys 4x8

10:50 AM - Girls Varsity 100 H

11:55 AM - Boys JV 110 H

Awards Girls 100h

11:00 AM - Boys Varsity 110 H

11:05 AM - Girls JV 100

Awards Boys 110h

11:20 AM - Girls Varsity 100

11:25 AM - Boys Wheelchair 100

11:30 AM - Boys JV 100

Awards Girls 100

11:45 AM - Boys Varsity 100

11:50 AM - Girls JV 1600

Awards Boys 100

NOON - Girls V 1600

12:10 AM - Boys JV 1600

Awards Girls 1600

12:20 PM - Boys V 1600

12:30 PM - Girls JV 4x200

Award Boys 1600

12:35 PM - Girls Varsity 4x200

12:40 PM - Boys JV 4x200

Awards Girls 4x2 Boys PV

12:45 PM - Boys Varsity 4x200

12:50 PM - Girls JV 400

Awards Boys 4x2 Girls SP

12:55 PM - Girls Varsity 400

1:00 PM - Boys Wheelchair 400

1:05 PM - Boys JV 400

Awards Girls 400 Boys DT

1:10 PM - Boys Varsity 400

1:15 PM - Girls JV 4x1

Awards Boys 400 Girls HJ

1:20 PM - Girls Varsity 4x1

1:25 PM - Boys JV 4x1

Awards Girls 4x1 Boys TJ

1:30 PM - Boys Varsity 4x1

1:40 PM - Girls JV 300 H

Awards Boys 4x1 Girls TJ

| | |
|------------------------------------|---|
| 1:45 PM - Girls Varsity 300 H | |
| 1:50 PM - Boys JV 300 H | Awards Girls 300 h |
| 1:55 PM - Boys Varsity 300 H | |
| 2:00 PM - Girls JV 800 | Awards Boys 300 h |
| 2:10 PM - Girls Varsity 800 | |
| 2:20 PM - Boys JV 800 | Awards Girls 800 Girls PV |
| 2:30 PM - Boys Varsity 800 | |
| 2:40 PM - Girls JV 200 | Awards Boys 800 Boys SP |
| 3:10 PM - Girls Varsity 200 | |
| 3:15 PM - Boys JV 200 | Awards Girls 200 |
| 3:35 PM - Boys Varsity 200 | |
| 3:40 PM - Co-Ed Girls/Boys JV 3200 | Awards Boys 200 Girls DT Boys HJ |
| 4:00 PM - Girls Varsity 3200 | Awards Boys LJ Girls LJ |
| 4:15 PM - Boys Varsity 3200 | Awards Girls 3200 |
| 4:30 PM - Girls JV 4x4 | Awards Boys 3200 |
| 4:35 PM - Girls Varsity 4x4 | |
| 4:40 PM - Boys JV 4x4 | Awards Girls 4x4 |
| 4:45 PM - Boys Varsity 4x4 | |
| 4:45 PM - Meet Ends | Awards Boys 4x4 - Team Scores Announced |

2024 MISSISSIPPI VALLEY CONFERENCE TRACK AND FIELD MEET

INCLEMENT WEATHER AND DELAYS:

1. The meet manager and meet referee communicating together are authorized to make compensation for adverse weather such as:
 - A. Delaying competition as long as necessary or reasonable.
 - B. Changing the order of events (i.e., moving hurdles to later in the meet for safety).
2. If the meet manager and meet referee communicate and feel weather conditions are life-threatening or injurious to participants, they may postpone the competition to another day.
3. Any competition stopped because of adverse weather must be continued from the point of interruption. All trials and marks made up to the point of suspension or the moving of an event indoors must stand.

ADDITIONAL INFORMATION ON SCRATCHES AND REPLACEMENTS:

1. After Thursday, meet managers have the authority to automatically scratch any individual who is entered in more than the four allowed events. EXAMPLE: Jon Doe is entered in the Long Jump, Triple Jump, High Jump, 1600m Run and 200m Dash. Jon will automatically be scratched from the 200m Dash. Meet managers do NOT have to call the individual coach to notify them of this scratch.
2. Individual(s) involved in changes will NOT be reseeded but will assume the section, heat, and lane and/or flight assignment of original entry.
3. A school NOT using all eligible entries may NOT fill these spots after the Thursday, May 9th entry deadline.
4. Schools may not make a change by entering an athlete in another event.
5. Scratches are allowed on the day of the meet and replacements are allowed. An individual may scratch from part of the meet without having to scratch from the entire meet.

RELAYS:

1. Schools must list seed times and runners names including alternates on the entry form.
2. Coaches have until the Clerk of Course checks in the teams to determine which runners will compete.
3. Relay times should consist of the actual time of the athletes listed, NOT the fastest relay time.
4. Schools do have to fill out relay cards and present them to the Clerk of Course.

GAMES COMMITTEE:

1. Games committee is identified in the cover sheet.
2. The membership of this committee must be published and sent to all involved schools prior to the meet.
3. The committee will serve as the FINAL BOARD OF APPEALS. Their responsibilities include:
 - A. Hearing and ruling on appeals of official's decisions.
 - B. This committee has NO authority to set aside, modify, or change WIAA, NFHS or NFTF rules.
4. The meet reference will assemble this committee prior to the meet to review their responsibilities.

UNIFORMS / EQUIPMENT:

1. Athletes must compete using the appropriate specified shoes/spikes.
2. ONLY relay teams competing in illegal uniforms/equipment will be disqualified for THAT event.
3. The disqualification may occur DURING OR AFTER the event.

EQUIPMENT:

1. A fiberglass crossbar should be utilized for both the high jump and the pole vault competition.
2. Respective MVC Schools shall:
 - A. Furnish all shots and discus. If, however, a participant wants to use their own shot/discus because the meet site does not provide their particular style/brand, it must be allowed.
 - B. Allow schools to furnish their own shot/discus. Implements must then be inspected, weighed, measured, and marked prior to competition. Any illegal equipment must be impounded until after the competition.
3. Meet managers must decide if they will allow schools to bring and use "Moye 🍷" starting blocks.

ADDITIONAL RUNNING EVENT INFORMATION:

1. The 1600 run must be conducted in two sections if there are more than 18 entries. Half of the total number of runners should be assigned to each section. NOTE: If the track facility has eight lanes or more, the 1600 run may be conducted in one section.
2. The 800 run should be conducted in three sections if there are more than 18 entries. One third of the total number of runners should be assigned to each section. NOTE: If the track facility has eight lanes or more, the 800 run may be conducted in two sections.
3. Lane assignment for track events
 - A. Hurdles, 100, 200, 400, 400 Relay, 800 Relay --
Six lane track-- 3-4-2-5-1-6
Eight lane track-- 4-5-3-6-2-7-1-8
Ten lane track-- 5-6-4-7-3-8-2-9-1-10
 - B. 800, 1600, 3200, 1600 Relay, 3200 Relay -- (same as above)
 - C. Runners who have either visual or hearing impairments should be given special consideration in assigning lanes.
4. Timing:
 - A. Times must be recorded in TENTHS OF A SECOND.
 - B. Times recorded in hundredths or thousandths of a second must be rounded off to the slowest full tenth (Example: 9.93 or 9.932 10.0).
 - C. Times recorded in hundredths or thousandths of a second may be used to eliminate ties in determining next fastest times for filling lanes from preliminaries to finals.
 - D. Official times must be adjusted by the meet referee if a timer for a lower place has a faster time recorded than a high place.

ADDITIONAL FIELD EVENT INFORMATION:

1. The Games Committee will decide the starting height for both the pole vault and high jump. It is recommended starting heights be determined by counting down using the performance of the eighth best athlete then subtracting two increments (4" high jump and 1' pole vault).
2. High Jump
 - A. Starting height must be of an even numbered inch -- 4' 6", 4' 8", 4' 10" etc.
 - B. The bar must be raised two inches each time.
3. Pole Vault
 - A. Starting height must be a 6" or 12" increments -- 10' 0", 10' 6", 11' 0" etc.
 - B. Bar must be raised six inches each time.
4. Contestants having the poorest performances will be first and those having the best performances will be last in the competing order. (The 1-1-1 format will be followed).
5. The TIME RULE must be enforced:
 - A. A contestant must be charged with an unsuccessful attempt if a trial is not completed or a pass taken within the allowed time after being called for a trial.
 - B. The allowed time is 1 minute for discus, high jump, shot put, and triple jump.
 - C. The allowed time is 1 minute for pole vault.
 - D. Field event judges must have stopwatches.
6. Discus, Long Jump, Shot Put, and Triple Jump
 - A. Preliminaries must be conducted in the discus, long jump, shot, and triple jump. Each competitor will receive three trials and the best competitors will qualify for the finals. The same number of competitors should be taken into the finals for both track and field events (i.e., six or eight, or nine). If there are ties, all competitors tying for a qualifying place will be finalists. The finalists will receive three additional trials with the winning distances coming for either the preliminaries or the finals. The order of competition in the final should be reseeded so the contestant having the best preliminary performance will be last in the order.
 - B. Meet manager may use "OPEN PIT" for competition in the discus, long jump, shot put, and triple jump for PRELIMINARIES ONLY.

C. To place in a field event or to be eligible to participate in the finals, a competitor must have at least one successful/legal trial. (10 athletes to the finals in all field events)

D. Field events must be measured and recorded in feet and inches.

E. Each legal trial must be measured and recorded immediately (including the discus). Measurements for the long jump, shot put, and triple jump must be to the nearest lesser 1/4". The discus must be measured to the nearest lesser inch.

F. Finalists should be given 10 minutes of warm-ups between preliminaries and finals. Meet management will determine if warm-ups are allowed between flights.

7. Pole Vault and High Jump

A. A competitor who has passed three consecutive heights after the competition has begun will be permitted a up jump/vault without the crossbar in place. The allowed warm-up jump/vault must be taken before any competition starts at the entered height.