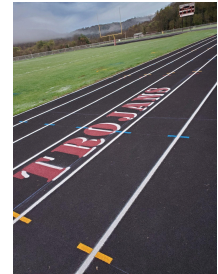


HIGH SCHOOL TRACK - NC RIDGE AND VALLEY MEET

Tuesday, May 7, 2024



Jeff Murphy: Athletic Director 608-735-4311- jmurphy@ncrawford.k12.wi.us
Andy Watters: Head Coach - awatters@ncrawford.k12.wi.us
Assistant Coaches: Liz Bransky, Grace Roth and Caleb Jacobus



OFFICIALS: Todd Camlek, Tim Bromeland, Tim Lee

TEAMS: DeSoto, Ithaca-Weston, Kickapoo-LaFarge, North Crawford,
Seneca, Wauzeka-Steuben

TIMES:
4:00 – Coaches Meeting – Press Box
4:30 – 6:00 open pit Long & Triple Jump
4:30 – Boy's Pole Vault & Discus
4:30 – Girl's High Jump & Shot
4:45 – Running Events

TRACK: Rubber - 1/4" pyramid spikes only

FEE: \$150 - Paid to North Crawford School District

ENTRIES: Must be entered on <http://wi.milesplit.com/>
Enter by May 6 at 12:00 p.m. (no entries after that time)
Scratches and replacements only day of meet (no add-ons)
One relay per school
Limits – unlimited – 4 per individual, including alternates
Questions: email Jessica Wick at jwick@ncrawford.k12.wi.us

AWARDS: None

FOOD: Concession Stand on site, no carry-ins please

GROUND: Port-a-Potties on site. No locker rooms or admittance into the school building.
Team Camps please set up behind the baseball field, next to the press box.

TIMING: AccuRace

FINALS: Meet is finals only. **4 Jumps or throws only**