

2025 JOHN D. YOUNG RIDGE & VALLEY CONFERENCE TRACK MEET

Host - North Crawford
Tuesday, May 20, 2025

OFFICIALS: Tim Lee, Todd Camlek, Eric Anderson

TIMES: 4:00 – Coaches Meeting @ Press Box
(Scratches only, NO REPLACEMENTS without a doctors excuse)
4:00 – Shot & Discus weigh-in
4:30 – All Field Events Start
5:00 – Running Events Start

SHOES: 8 lane, rubberized track surface with rubberized runways. Throws circles are concrete. ¼ inch pyramid spikes please. CHALK will be the only marking method allowed on all surfaces.

CONCESSIONS: Concessions stand will be available.

TEAM CAMPS: Please set up outside the fenced area around the track behind the baseball field

RUNWAYS: NO TAPE IS ALLOWED ON ANY RUNWAY...ONLY CHALK

ENTRIES: **DUE BY 12:00pm on Monday, May 15.**

Must be entered on MileSplit at wi.milesplit.com

LIMITS: Maximum of 28 individual event entries

Maximum of 3 athletes in any one event

Maximum of 1 entry in relays

Please list alternates

TRIALS: The heat winners and the next best times to reach **eight** runners will advance to the finals. IF there are eight or less entries in one event, no trials will be needed.

FIELD EVENTS:

1. Performers have **one** minute to perform once their name is called, except in the Pole Vault where they have **1:30**.
2. Performers have **15** minutes to report back to their field event if they have to leave for another event
3. Preliminaries will be conducted in the Discus, Shot, Long Jump, & Triple Jump. Each competitor will receive **three** trials and the best **SEVEN** competitors will qualify for the final. Each finalist will receive **three** trials. (Best effort of the day counts.)
4. Starting heights for the Pole Vault and High Jump will be determined when all entries are in.

TEAM SCORING: Six places will be scored (10-8-6-4-2-1). Five places will be scored in relays.

STARTING BLOCKS PROVIDED

SCHEDULE / ORDER OF EVENTS

3:30 p.m.

Track Open for Warmups

4:00 p.m.

Implement Weigh-In (Outside of the Press Box)

4:00 p.m.

Coaches Meeting (In the Press Box)

4:30 p.m.

Field Events

Boys Pole Vault - followed by girls

Girls High Jump - followed by boys

Boys Discus - followed by girls

- 3 throws - Prelims and Finals (7 advance to finals)
- Finals will begin 10 minutes after prelims

Girls Shot Put - followed by boys

- 3 throws - Prelims and Finals (7 advance to finals)
- Finals will begin 10 minutes after prelims

Boys Triple Jump - followed by girls (South runway)

- 3 jumps - Prelims and Finals (7 advance to finals)
- Finals will begin 10 minutes after prelims

- **Girls Triple Jump** - 20 minute warm-up upon the completion of the boy's triple jump. One hour for the completion of the prelims with finals to follow 10 minutes later.

Girls Long Jump - followed by boys (North runway)

- 3 jumps - Prelims and Finals (7 advance to finals)
- Finals will begin 10 minutes after prelims

- **Boys Long Jump** - 20 minute warm-up upon the completion of the girl's long jump. One hour for the completion of the prelims with finals to follow 10 minutes later.

5:00 p.m.

Running Events (*girls followed by boys*)

1600 M Coed Wheelchair (if needed)

4 x 800 M Relay

100 M Dash Prelims

BREAK - National Anthem

100/110 M Hurdles Prelims

15 minute break

100/110 M Hurdle Finals

100 M Coed Wheelchair (if needed)

100 M Dash Finals

1600 M Run

4 x 200 M Relay

400 M Coed Wheelchair (if needed)

400 M Dash

4 x 100 M Relay

300 M Hurdles

800 M Run

800 M Coed Wheelchair (if needed)

200 M Dash Finals

3200 M Run

4 x 400 M Relay

Jury Of Appeals

Todd Camleck

Andy Watters

Jeff Murphy

Tim Lee

Jeremy Lee