

# 2025 JOHN D. YOUNG RIDGE & VALLEY CONFERENCE TRACK MEET

**Host - North Crawford**  
**Tuesday, May 20, 2025**

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**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](http://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