

# Richland Center Middle School TRACK & FIELD INVITATIONAL

Richland Center High School

Richland Center, WI 53581

608- 647-8603

**Athletic Director: Laura Selgeby**  
**HS Head Track Coach: Fran Ewing**

**Head Coach: Michelle Louis**

**TEAMS: Dodgeville, Fennimore, Ithaca, Kickapoo, Platteville, Richland Center, River Valley, and Westby**

**WHEN: Thursday May 9, 2024**

**WHERE: Richland Center High School Track**

**TIME: Field events begin at 4:00pm; running begins at 4:30pm  
Coaches meeting at 3:45pm behind the concession stand.**

**Entry Fee: \$100.00**

**ENTRIES: All entries will be done online at [athletic.net](http://athletic.net) entries end on Wednesday, May 8th at NOON. Please make sure you log in so that you do not have problems. All results will be posted on [www accuracetiming.com](http://www accuracetiming.com). Contact **Clark Jillson at [chvjillson@aol.com](mailto:chvjillson@aol.com)** if you have trouble logging in.**

**\*ALL WIAA RULES APPLY – 4 entries per running event and 4 per field event, 2 relay limit per team. Each athlete may compete in 3 events. May not all be field or running.**

**Spikes: Only ¼” pyramid spikes may be used on this track.**

**Scratches: Scratches and changes can be done at the coach's meeting, with no additions. Any changes will not be changed, just have your athlete run under that athlete's name.**

**Coaches meeting at 3:45 p.m. behind the concession stand. Scratches can be made immediately upon arrival.**

## **Field Events will begin at 4pm**

- \*. The athletes will get 3 attempts in Shot Put, Discus, Triple & Long Jumps - No finals.
  - \*Girls Shot Put – followed by Boys
  - \*Boys Discus– followed by Girls
  - \*Boys Triple Jump – followed by Girls \*\*Boys 4 to 5:00, Girls 5:30 to 6:30 pm
  - \*Girls Long Jump – followed by Boys\*\* Girls 4 to 5:00, Boys 5:30 to 6:30 pm
  - \*Boys Pole Vault followed by Girls
  - \*Girls High Jump followed by Boys

\*SHOT PUT AND DISCUS-We will have each athlete throw three at a time. We will spot mark each throw and measure the farthest throw.

**Running events will begin at 4:30 p.m.**

**All Running Events are girls, then boys:**

100m hurdles

100m dash

1600m run

4x200 relay

400m dash

4x100 relay

800m run

200m dash

4x400 relay

**Exchange Zones - RCHS TRACK STUDENTS are assigned as follows:**

4x100

#1 Incoming -OLIVE HARPER Outgoing-KEVIN HERNANDEZ

#2 Incoming - CLARISSE POSSEN Outgoing- FLETCHER HARPER

#3 Incoming - DANICA PAULS Outgoing- ROBERT BUDDEN

4x200

#1 Incoming DANICA PAULS; Outgoing SHANICE ANDERSON

#2 Incoming - FLETCHER HARPER Outgoing OLIVE HARPER

**AWARDS:** There will be no awards

**RESULTS:** This will be posted to [www accuracetimeing.com](http://www accuracetimeing.com) following the meet.

**CONCESSIONS:** We will have a concession stand available.

**\*\*Please Clean up your team camp before you leave.**

**LET'S HAVE A GREAT MEET!**