

Richland Center Middle School TRACK & FIELD INVITATIONAL

Richland Center High School
Richland Center, WI 53581
608- 649-4483

Athletic Director: Laura Selgeby **Head Coach:** Michelle Louis
HS Head Track Coach: Laura Thaden

TEAMS: Dodgeville, Platteville, Richland Center, Riverdale, and Viroqua

WHEN: Thursday, May 22, 2025

WHERE: Richland Center High School Track

TIME: Field events begin at 4:00 PM; running begins at 4:30 PM
The coaches are meeting at 3:45 PM near the hip tag table.

Entry Fee: \$100.00

ENTRIES: All entries will be done online at athletic.net. Entries end on Wednesday, May 21, at NOON. Please make sure you log in so that you do not have problems. All results will be posted on www accuracetimeing.com. Contact **Clark Jillson at 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 1/4" pyramid spikes may be used on this track.

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

The coaches are meeting at 3:45 p.m. near the hip tag table. Scratches can be made immediately upon arrival.

Field Events will begin at 4 PM

*. 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 – Cafeteria style: open pit 4-6pm

*Girls Long Jump – Cafeteria style: open pit 4-6pm

*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

AWARDS: There will be no awards

RESULTS: This will be posted to 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!