

2024 SIX RIVERS CONFERENCE TRACK & FIELD MEET at UW-PLATTEVILLE

- When: Monday, May 13, 2024
3:30 - Coaches Meeting – room B52
4:00 - Field Events begin
4:45 – Running Events Begin
- Schools: Albany, Belmont, Benton/Scales Mound/Shullsburg, Black Hawk, Cassville/Potosi, Monticello, Pecatonica-Argyle, River Ridge
- Participation Limits: Maximum of 1 relay per school, three athletes per individual event, but no more than 28 total individual entries per school
- Scoring: Eight places will be scored: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1
- Awards: Medals to first through sixth place finishers in each individual event, first through third place in relays. Plaques to Team Champions (will be sent to school).
- Meet Info: **The 100M Dash and High Hurdles (if needed) will have trials with heat winners and next best times to fill lanes advancing to finals. 200M Dash will be finals only.**
Field events will begin with Boys Disc, Girls Shot, Girls High Jump, Boys Pole Vault, Boys Triple Jump and Girls Long Jump. In the shot, disc, long jump, and triple jump, athletes will be allowed 3 trial attempts and top nine will advance to finals for three more attempts. Starting heights will be: boys vault - 7'0", girls vault - 5'0", boys high jump - 5'0", girls high jump 4'0".
- Entry Deadline: Milesplit will be handling online entries. Online registration can be found at: <https://wimilesplit.com> Entries will close on Sunday, May 12th at 7:00pm. For questions related to online entries, please contact Clark Jillson at AccuRace Timing, chvjillson@aol.com
- If you don't know the effort, please use a reasonable estimate for seeding purposes. If no effort is entered, athlete will be given no priority for lane assignment.
- Contact: Shane Sperle – meet manager
sperlesh@rrsd.k12.wi.us
608-723-9780
- Games Committee: Tony Brewer (Albany), Kyle Kern (BSMS)
- Gate Information: Set by UWP
- Bathrooms: Portable bathrooms are available at the track and field venue.
- Locker Rooms: Locker rooms and showers are located one flight above the track level in the men and women's general locker room. Please provide your own locks and towels. No items should be left unattended in the locker rooms.

- Track: The meet will take place on UW-Platteville's outdoor track and field facility. The track, which is located directly south of the Williams Fieldhouse, is 9 lanes with a 10mm full pour polyurethane Beynon surface. Quarter inch or smaller pyramid spikes only. **NO SPIKES can be worn inside the Williams Fieldhouse.**
- AccuRace Timing will be providing FAT for the meet. Track events will be posted immediately following races on electronic display board.
- Discus: Discus will be contested on the infield of the track.
DUE TO SAFETY CONCERNS IT IS CRITICAL THAT ALL NON-COMPETING ATHLETES AND COACHES STAY OFF THE INFIELD DURING THE DISCUS COMPETITION!!!
- Long/Triple Jump: The long jump and triple jump runways are located outside of the track along the home stretch (south side of the track). Three sand pits allow both the TJ and LJ to be contested simultaneously in an east or west direction.
- Pole Vault: The pole vault runway is located outside of the track along the back stretch (north side of the track).
- Shot Put: Shot circle is located on the west D end of the infield.
- High Jump: The high jump will be contested on the east D end of the infield.
- Clerk Area: Athletes will check-in at the tent located on the SW corner of the track.
- Coaches Meeting: Please pick up meet information and make scratches on sheets provided in B52 in the Williams Fieldhouse. This meeting will take place at 3:30.

ORDER OF EVENTS: Girls followed by boys in all running events.

4:00pm Field Events Begin –

Boys Triple Jump Pits 4:00-5:00 – top 9 to finals –	Girls follow boys
Girls Long Jump Pits 4:00-5:00 – top 9 to finals -	Boys to follow girls
Girls High Jump (4'0" Starting Height)	Boys to follow girls (5'0")
Boys Pole Vault (7'0" Starting Height)	Girls to follow boys (5'0")
Girls Shot Put – top 9 to finals	Boys to follow girls
Boys Discus – top 9 to finals	Girls to follow boys

Running Events Times are Approx.

4:45pm 4x800M Relay

5:10 100M Dash Trials

5:20 110/100M Hurdle Trials (if Needed)

15 Minute Break After Hurdle Trials – 20 Minute Break is No Hurdle Trials Are Run

5:45 100/110M Hurdle Finals

5:55 100M Dash Finals

6:00 1600M Run

6:15 4x200M Relay

6:25 400M Dash

6:30 4x100M Relay

6:35 300M Hurdles

6:45 800M Run

6:55 200M Dash

7:05 3200M Run

7:35 4x400M Relay

7:45 Team Scores Announced