

SWAL Conference Track Meet
Monday May 13, 2024 – 4:00 PM
Fennimore High School

Schools Participating: Boscobel, Cuba City, Darlington, Fennimore, Iowa-Grant, Riverdale, and Southwestern

Coaches Meeting 3:30 pm at the track.
Field Events 4:00 pm
Running Events 4:30 pm Clerk - West end of the track in front of shed.

Meet Officials: Kathy Larson
 Gary Gullone
 Howie Jubeck

Entries: All WIAA Rules Apply—3 entries per event, one relay. 28 total individual entries. Entries will be made online at milesplit.com

Entry Deadline: Entry deadline is **10:00am on Monday, May 13th**. No changes will be allowed after 10:00 am, unless accompanied with a doctor's excuse. Heat sheets will be available at noon the day of the meet. No reseeding will occur after the posting of the meet entries.

Timing: Timing services provided by AccuRaceTiming Services.

Bus Parking: Buses will park on west side of the parking lot

Team Camps: Anywhere on the hill side by the school or along the southwest side of the track.

Restricted Areas: No spectators will be allowed on the infield, Clerk of Course Area, or the flagged-off competition area. Only competing athletes/meet personnel are allowed in these areas.

Jury of Appeals: Howie Jubek-Starter, Brooke DeWitt-Riverdale, Pat Reichling-Darlington, Gregg Davis-Fennimore

Implement Weigh In: Implements will be weighed at the TRACK SHED. Weigh-ins must be completed between 3:15-3:45. Any implement not meeting specifications will be impounded until the end of the throwing events. They may be picked up at the clerk tent.

Restrooms: Located in the high school.

Concessions: Will be available at the Eagle's Nest by the football field.

Results: Live results provided at www accuracetimeing.com

Preliminaries: Preliminaries will be run in the 100M and 100/110 High Hurdles, unless there are no more entries than lanes allow. The winner of each heat advances to finals, with lanes filled with the next fastest times. There will be a 15 minute break following trials.

Field events: Field events will be run in flights, beginning at 4:00 pm. Check out time will be 10 minutes. The top eight performances in shot put, discus, long jump and triple jump will advance to finals. A ten minute warm up time will proceed to finals.

Scoring: 10-8-6-4-2-1 for individual events, 10-8-6-4-2 for relays.

Awards: Medals for 1st, 2nd and 3rd places, team plaque picture for 1st place teams immediately following results Coaches will vote (one vote for each head coach) on an outstanding male and female performer. In case of a tie, the athlete scoring the most points in the meet shall be declared the medal recipient. The award is for performances at the Conference Meet.

Exchange Zones: 4x100 – #1 – Boscobel; #2 Southwestern; #3 Cuba City
4x200 – #2/4—Darlington/Fennimore/IG/Riverdale

Miscellaneous: We ask schools to help by cleaning up their camp area after the meet. Please make sure you bring your updated Pole Vault Weight Sheets. REMINDER that the 13th is the start of Week 46.

http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf

Contacts: Gregg Davis davisg@fennimore.k12.wi.us cell: 608-642-2796

**See next page for order of events.

WIAA SCHEDULE OF EVENTS

All Field Events will begin at 4:00 pm

- Shot Put: Girls followed by Boys Flights; 3 throws; best 8 to finals
- Long Jump: Girls followed by Boys Open pit; 3 jumps; best 8 to finals
- High Jump; Girls followed by Boys
- Triple Jump: Boys followed by Girls Open pit; 3 jumps; best 8 to finals
- Pole Vault; Boys followed by Girls
- Discus: Boys followed by Girls Flights; 3 throws; best 8 to finals
- Starting heights for pole vault and high jump will be set two increments below the 8th best athlete. High Jump at an even increment and pole vault by 6"/12".

Running Events-All running events will be girls followed by boys

First Race begins at 4:30 pm

- 3200 Meter Relay
- 100 Meter Dash Trials (*will begin no sooner than 4:55 for Girls, 5:00 for Boys*)
- 100/110 Meter High Hurdles Trials (*will begin no sooner than 5:05 for Girls, 5:10 for Boys*)
- **NO 200 Meter Dash Trials but we will adhere to the time schedule** (*will begin no sooner than 5:15 for Girls, 5:20 for Boys*)

15 minute Break (*Rolling schedule following the break*)

- 100/110 Meter High Hurdles Finals
- 100 Meter Coed Wheelchair
- 100 Meter Dash Finals
- 1600 Meter Run

- 800 Meter Relay
- 400 Meter Wheelchair
- 400 Meter Dash
- 400 Meter Relay
- 300 Meter Low Hurdles (girls)
- 300 Meter Intermediate Hurdles (boys)
- 800 Meter Run
- 800 Meter Coed Wheelchair
- 200 Meter Dash Finals
- 3200 Meter Run
- 1600 Meter Relay

SWAL RECORDS GIRLS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100m Dash	Danielle Ruf	Darlington	12.66	2006
200m Dash	Emily Kaiser	Cuba City	26.53	2008
400m Dash	Brynlee Nelson	Fennimore	59.71	2019
800m Run	Brynlee Nelson	Fennimore	2:18.46	2021
1600m Run	Nora Jillson	Boscobel	5:20.69	2023
3200m Run	Erin Goebel	Darlington	11:52.00	2000
100m High Hurdles	Cindy Pironnet	Boscobel	15.32	2013
300m Low Hurdles	Jeni Olson	Fennimore	47.70	2002
400m Relay	Jeanie Eicher, Mia McIntyre Shannon McGettigan, Lisa Miller	Darlington	52.00	1992
800m Relay	Amanda Kerkel, Shay Lierman, Kaitlyn Kaiser, Danielle Weber	Cuba City	1:48.78	2014
1600m Relay	Hannah Huffman, Alison Wedig, Claire Scott, Amy Jorgenson	Darlington	4:12.85	2012
3200m Relay	Carly Langkamp, Johanna Meister, Paige Schilling, Erin Wolf	Darlington	10:02.90	2015
High Jump	Katie Langmeier	Cuba City	5' 7"	2008
Long Jump	Brynlee Nelson	Fennimore	17' 6.75	2021
Triple Jump	Brynlee Nelson	Fennimore	36' 3"	2021
Pole Vault	Ryanne Bell Marcia Roper Shelby Davis	Boscobel Darlington Boscobel	10'6"	2008 2008 2012
Shot Put	Kami Sweet	Riverdale	41' 5.5"	2003
Discus	Kami Sweet	Riverdale	143' 2"	2003

SWAL RECORDS BOYS

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100m Dash	Jesse Schromen	Southwestern	10.86	2001
100m Wheelchair	Ben Guerin	Cuba City	24.39	2016
200m Dash	Landon Tyler	Riverdale	22.70	2012
400m Dash	Adam Green	Boscobel	50.06	2004
800m Run	Isaac Henkel	Fennimore	1:58.16	2023
1600m Run	Tyson Miede	Darlington	4:26.46	2014
1600m Wheelchair	Ben Guerin	Cuba City	6:41.26	2017
3200m Run	Dakota Kauffman	Boscobel	9:45.59	2016
110m High Hurdles	Kevin Carp	Fennimore	14.10	1999
300m Int. Hurdles	Kevin Carp	Fennimore	39.86	1998
400m Relay	Michael Bruner, John Frederick, Dylan Becker, Nick Hicks	Cuba City	44.64	2010
800m Relay	Ben Lease, Brandon Hertrampf Tyler Carl, Kevin Everson	Fennimore	1:33.37	2006
1600m Relay	Greg Bell, Nate Boughton, Branden Faulkner, Chase Vavril	Boscobel	3:29.56	2012
3200m Relay	Seth Laxton, Jordan Molzof, Zach Mindham, Dakota Kauffman	Boscobel	8:12.74	2015
High Jump	Shane Nesheim	Mineral Point	6' 5"	1991
Long Jump	Tracy Bartels	Boscobel	21' 2.5"	1992
Triple Jump	Liam Kenney	Fennimore	44' 09"	2017
Pole Vault	Travis Langmeier	Cuba City	13' 6"	2012
Shot Put	Greg Ganter	Cuba City	58' 02"	2013
Shot Put Wheelchair	Ben Guerin	Cuba City	15' 11"	2016
Discus	Beau Kopp	Cuba City	173' 8"	2022

updated 05/15/2023