

COACHES:

With the installation of our new synthetic turf, track, pole vault pit, long jump and triple jump pits, there are some rules that we ask that you go through with your athletes.

We understand that you can not police your athletes at all times, but we appreciate your efforts in helping us keep our new facility clean and “nice” for many years to come!

We are excited to share our new facility and thank you for monitoring these rules!



TURF and Athletic Complex Rules

Molded cleats or other athletic shoes **ONLY ON THE TURF.**

Please **NO** metal cleats or spikes on the TURF. Quarter inch metal, pyramid spikes **are** allowed on the track.

Please clean as much dirt off as possible with the cleat cleaners before entering the field area.

NO tape on the track. Please use chalk, tennis balls or some other means of marking exchange zones.

NO food, gum, candy or seeds.

NO sports drinks or liquids other than water.

NO sharp objects, including chairs, tents, canopies, stakes, corner flags, or other objects that can penetrate the turf.

NO glass bottles or containers.

NO Tobacco products

NO pets

NO bicycles, scooters, roller blades, skateboards or unapproved vehicles

THANK YOU!

2024 SWC Meet



When: Tuesday, May 14th 2024

Where: River Valley High School

Time: Field Events 4:00;
4x800 relay will begin at 4:30

Fee: \$150

Entries: 28 individual entries, Max of 3 per event and 1 relay team in each relay
WIAA participation limits apply
Entries due **Monday, May 13th by 12 pm (noon)**
Submit entries using <https://wi.milesplit.com/>

Teams: Dodgeville, Lancaster, Prairie du Chien, River Valley, Richland Center, and Platteville

Scoring: 10-8-6-4-2-1 (Individuals)
10-8-6-4-2 (Relays)

Awards: SWC Certificates will be provided at a later date by your Athletic Directors for 1st Team, 2nd Team and Honorable Mention All Conference.
Medals will be sorted and available for pickup in the press box at the end of the meet.

Track: Rubberized 8 lanes; $\frac{1}{4}$ " spikes

Results: www accuracetimeing.com

Officials: Tom Block, Paul Raley, Knight Wynn

Games

Committee: Head Starter, and Field Judge along with the head coaches from Platteville, Lancaster and Dodgeville-Mineral Point. If you prefer not

to be on the games committee just let me know and I will ask someone else. Thanks in advance.

Warm-up area:

Athletes may warm up on the turf closest to the softball field. Please try to remain out of the infield during the meet. Please also remind your athletes of the Track and Field Rules attached to this document.

Tents/Camps:

Please set up your camps outside the track, but inside the fenced in area near the press box or opponent's bleachers would be ideal. There is chalk provided at all areas that chalk is needed. Please **do not use tape** on the track.

Field Events:

Boys First: Pole vault, discus, triple jump

Girls First: High jump, shot put, long jump

- Long jump, triple jump: open pit for 1 hour and 15 minutes, with 3 jumps per athlete. We will then take the top 9 to Finals for 3 more jumps.
- Shot Put and Discus will be given 3 throws. We will then take the top 9 to finals in each.

Starting heights:

- Girls high jump - _____' (by 2" until final 3 athletes)
- Boys high jump - _____' (by 2" until final 3 athletes)
- Girls' pole vault - _____' (by 1', then 6" after first increase)
- Boys' pole vault - _____' (by 1', then 6" after first increase)

Check out times:

There will be a 10 min. ruling for checkout to field events. Please advise your athlete NOT to check out of their field event early.

Running Events:

Prelims in the 100/110 High Hurdles and 100 m Dash. There will be **no** 200 m Dash prelims

Coaches meeting:

Coaches meeting in Health room (rm 69) at **3:30**. All scratches will be done at this time. We will also discuss the most recent changes and/or adjustments to our Conference. One topic I would like to discuss is the elimination of JV Conference from the schedule. I think it always lands at a weird time in the season and honestly is a time I do not want to split my coaching staff to be in two places. I feel as though the two MidConference Meets are serving the "opportunity" purpose that JV Conference provides and therefore, we do not need three of these on the schedule. Just food for thought and wanted to present it here for those to ponder.

WIAA rules: All WIAA rules apply. Order of Events - standard WIAA meet.

Questions: If you have any questions call Kevin Billington at **608-588-2554** or my cell phone number is **815-766-0188**.

Relay Exchanges:

400M Relay:

Exchange 1 - Lanes 1-4: Dodge-Pt
Lanes 5-8: Lan
Exchange 2 - Lanes 1-4: PDC
Lanes 5-8: RC
Exchange 3 - Lanes 1-4: RV
Lanes 5-8: Platt

800M Relay:

Exchanges 1 & 3
Lanes 1-4: Dodge-Pt
Lanes 5-8: RV
Exchange 2
Lanes 1-4: Lan
Lanes 5-8: Platt

THANKS EVERYONE!

Order of Events

4:00 Field Events:

Long Jump Girls, followed by Boys (3 jumps, top 9 to finals)
Triple Jump Boys, followed by Girls (3 jumps, top 9 to finals)
Discus Boys, followed by Girls (3 throws, top 9 to finals)
Shot Put Girls, followed by Boys (3 throws, top 9 to finals)
High Jump Girls, followed by Boys (by 2" until final 3 athletes)
Pole Vault Boys, followed by Girls (Girls-____', Boys-____';
increase by 1' then 6")

4:30 Running Events:

3200 Meter Relay
100 Meter Dash Trials
100/110 Meter High Hurdles Trials

National Anthem (roughly 10 min break)

100/110 High Hurdle Finals

(We will run Boys High to Boys High if everyone is okay with it? If not, it is a small enough meet, we can get the hurdles switched during break.)

100 Meter Dash Finals
1600 Meter Run
800 Meter Relay
400 Meter Dash
400 Meter Relay
300 Meter Low Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay