

# Jefferson Quadrangular

Jefferson, Brodhead, Evansville, St. John's Northwestern

May 24h, 2021.

**COVID related protocols - Due to current WIAA Protocols and Conference Rules the following regulations must be followed:**

- Teams will present host event management with their WIAA Symptom Checklist Verification Form at the Coaches Meeting at the finish line.
- All Coaches, event workers, and athletes not currently competing must follow social distancing guidelines and must wear a face covering at all times.
- Athletes and spectators should remain distanced by field events.
- All Spectators must sit in family groups and wear a mask.
- Sanitizer will be available

1. Entries will be made on-line at [wi.milesplit.com](http://wi.milesplit.com). The meet is listed as “Jefferson Quadrangular.” Just look for the date May 25th and you should see it. Entries must be completed by 8p.m. Monday, May 24th. NO additions may be made after that time. Scratches will be made at the timing tent when you arrive, at that time you will be able to replace that athlete, but we will NOT be reseeding the heats.
2. You will have 3 varsity entries in all individual events and 1 relay. You may have unlimited JV entries for both individual and relay events.
3. Coaches' meeting will be at **4:15 PM** near the start area.
4. We will be scoring five places in both the track and field events. (6-4-3-2-1) No prelims for running events. Field events will be 4 attempts in the long jump, triple jump, shot put and discus with NO FINALS. We will be scoring 3 places in the relays (6-4-2).
5. We have an 8-lane all-weather surface track. The runways for the long jump, triple jump and pole vault are the same. **Only 1/4” spikes are allowed.** The shot and discus surfaces are cement – flats only.
6. There is ample seating in the bleachers for spectators, coaches, and other athletes. PLEASE SOCIALLY DISTANCE IN FAMILY GROUPS Only athletes warming up will be allowed on the track or infield.
7. All track competitors will be required to check in prior to their running events with the clerk.
8. Please bring a copy of your pole vault weight verification sheet to hand the field event judge. Remember helmets will be optional for pole-vaulters

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9. A concession stand will **not** be available.
10. There will be a certified trainer at the meet.

## **Order of events: Field - Starting at 4:30**

High Jump – Boys followed by Girls Open height Girls will be determined at meet  
Pole Vault – Girls followed by Boys. Open height Girls will be determined at meet  
Discus – Girls followed by Boys  
Shot put – Boys followed by Girls  
Long Jump – Boys followed by Girls  
Triple Jump – Girls followed by Boys

## **Order of Events: Running - Starting at 4:30**

3200 Meter Relay - Girls  
3200 Meter Relay - Boys  
100 Meter High Hurdles – Girls  
110 Meter High Hurdles – Boys  
100 Meter Dash-Girls  
100 Meter Dash – Boys  
1600 Meter Run – Girls  
1600 Meter Run – Boys  
800 Meter Relay - Girls  
800 Meter Relay – Boys  
400 Meter Dash – Girls  
400 Meter Dash – Boys  
400 Meter Relay – Girls  
400 Meter Relay – Boys  
300 Meter Low Hurdles – Girls  
300 Meter Intermediate Hurdles – Boys  
800 Meter Run – Girls  
800 Meter Run – Boys  
200 Meter Dash – Girls  
200 Meter Dash – Boys  
3200 Meter Run – Girls  
3200 Meter Run – Boys  
1600 Meter Relay – Girls  
1600 Meter Relay – Boys