

Jefferson Triangular

Jefferson, East Troy, Whitewater

April 5th, 2022

1. Entries will be made on-line at wi.milesplit.com. The meet is listed as “**Jefferson triangular.**” Just look for the date April 5th and you should see it. **Entries must be completed by 8p.m. Monday, April 4th.** **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. There will be no coaches’ meeting. Scratches and replacements will be done on your own.
4. We will be scoring four places in both the track and field events. (5-3-2-1) 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 2 places in the relays (5-3).
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. 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 to the field event judge.
9. A concession stand will 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 – Boys followed by Girls

Shot put – Girls followed by Boys

Long Jump – Girls followed by Boys

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Triple Jump – Boys followed by Girls

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