# **Information Packet for the 2022 55th Annual**

# **Platteville Invitational Relays**

**Platteville High School Track and Field** 

710 East Madison St. Platteville, WI 53818

608-342-4020 FAX: 342-4427

Rob Serres: Platteville Track and Field Coach/Meet Manager 608-342-4020 (#2240)

Michael Foley: **Activities Director** Jacob Crase: **Principal** 

•**WELCOME!!!** It's that Time of Year Again! Platteville High School is pleased to serve as your host for the <u>55th Annual Platteville Relays</u> Track and Field Meet.

We are excited to once again host the PLATTEVILLE INVITATIONAL RELAYS! This year we will be hosting the Relays on Saturday, April 23, 2022. We look forward to a competitive, fun, and relaxing day to be a part of a great Track Meet! The Platteville Relays are an All-Relay event. Running Events and Field Events are Relays!

#### \*\*\*PLEASE LOOK OVER THE FOLLOWING INFORMATION CAREFULLY!

• WHEN: The Platteville Relays will be held on: SATURDAY, APRIL 23, 2022

•**WHERE:** Platteville High School Track. 710 East Madison St. Platteville has a 6 Lane track – 8

Lanes on the straightaway. Preferred lane assignments according to seeding will be:

6 Lanes: Lane 3, 4, 2, 5, 1, 6 8 Lanes: 4, 5, 3, 6, 2, 7, 1, 8

•<u>TIME</u>: There will be a COACHES Meeting at 10:30 AM.

Field Events will start at 11:00 AM. Running Events will begin at 11:30 beginning with the Quadrathlon Girls/Boys Hurdles. This will be followed by the 4x800 Meter.

The Time Schedule is included in this letter.

•Coaches must have their athletes checked in to their field events by 10:40 am. The Track Meet will start immediately at 11:00 AM after the singing of the National Anthem at 10:55 AM.

•<u>COMPETING TEAMS</u>: Belmont, Cuba City, Iowa Grant, Lancaster, Lena-Winslow, IL, Platteville, Prairie duChien, and River Ridge.

•ENTRIES: Entries should be submitted to: <u>wi.milespilt.com</u>. by Thursday, April 21, 8:00 pm. If you have problems or need to reach myself, email:

serres@platteville.k12.wi.us or 608-342-4020 ext. 2215.

\*\*\* YOU MAY ENTER A JV SQUAD! All Teams may enter one additional (JV) team in any of the Relay events - NO CHARGE! You simply need to enter another team (JV) on the entry form. You do not need to fill all of the events – simply the events that you wish to enter. Enter them under Your School Name "B" Team.

The JV teams will NOT be scored - JV entries will be timed and distances recorded, but they will NOT be eligible for placing or receiving awards, OR for garnering points for their respective teams.

JV Teams will be placed in their own heats separate from the Varsity Heats\*. I've asked Milesplit to fill any Varsity Lanes with JV Entrants if it will cut down on the number of heats that need to be run.

- •**WIAA RULES**: All athletes will be expected to adhere to all WIAA Rules.
- •**Field Events** Enter **two (2)** athletes into each field event. Contestants must check in with the field event judge 15 minutes prior to the start of the event. The Combination of the best throw/jump from each teams two contestants will constitute place winnings. Each Athlete will get 3 jumps or 3 throws, No Finals.
- •**Running Events** Events\* will be seeded. (\*The Quadrathlon is not seeded)
- •The 200 (2x100 Meter Dash) Meter Shuttle Relay will have Two 100 Meter Runners entered. The first 100 Meter athlete will start at the common Finish line and run back towards the common Start. When that runner crosses the line, their teammate will then race to the Finish. WHEN ENTERING IN ON MILESPLIT YOU WILL ENTER IT UNDER THE "200 METER RELAY"
- •<u>The Hurdle Relay</u> will consist of two High Hurdlers. The first hurdler will start at the common Finish line and run back towards the common Start. When that runner crosses the line, their teammate will then race to the Finish. WHEN ENTERING IN ON MILESPLIT YOU WILL ENTER IT UNDER THE "200 METER SHUTTLE HURDLE RELAY".
- •**The 3200 METER RUN RELAY:** This event will have **2 entries** from each team. Times from the **combined** entries from each team will be added, and places will be awarded. Athletes will be given a place # just like in a Cross Country race. Coaches/Athletes are to return this # to the Head Timer as soon as the athlete finishes for times to be recorded.
  - \*Girls and Boys 3200 Runners may be combined if time and #' warrant.
- •**The Quadrathlon:** This is a NON-SCORED EVENT. *Medals will be provided*. The Quadrathalon is composed of the following 4 events; Long Jump, Shot Put, 100 Low Hurdles and the 800 Meter run. The Quadrathlon will be randomly seeded. *You do not need to send any seed times for the Quadrathlon events*.
- •The "Sausage Relay" is a Throwers 4x100 Meter Relay. It must consist of Athletes that throw or have thrown the Shot Put or Discus. This event is non-scored. It is a fun event for the athletes. Medals are awarded, but please do not "stack" the event simply to win a medal. Some of these kids are athletic and fast, and some of these kids are simply athletic. The "Baton" for this event should be a Sausage. (Bring your own Sausage!) It does not

- need to fall under WIAA rules, but it may not be longer than 18" in length.
- •COST: \$125.00. Please bring your check with you or send it to Michael Foley, Platteville High School, 710 East Madison St., Platteville, WI 53818. Questions: Call Michael Foley 608-342-4020. Ext. 1201. -Make checks payable to: **Platteville High School.**
- •**SCORING**: Places will be scored 10-8-6-4-2-1 for 6 places.
- •<u>AWARDS</u>: Medals will be awarded for 1st, 2nd, and 3rd places in all relays and individual events. Team Trophies awarded for 1st & 2nd place teams.
- •**EQUIPMENT:** Teams must furnish their own batons, throwing implements, and vault poles. 1/4" spikes are allowed on all surfaces. Starting blocks will be furnished. Teams may bring their own blocks if they wish.
- •**RESULTS:** Results will be available as soon as possible following the conclusion of the meet. They will be available on line at <a href="https://www.accuracetiming.com">www.accuracetiming.com</a>
- •ADMISSION:
- •GAMES COMMITTEE: The Games Committee will be made up from the following: Head Coaches from: Cuba City, Prairie duChien, River Ridge. Along with the Meet Manager (Rob Serres) and the Head Starter. If you prefer not to be a part of the Games Committee, please let me know as soon as possible.
- •**WARM UP AREAS:** We ask that Athletes Warm up on the backstretch, curves, or any grassy area adjacent to the track. The inside of the Football Field is reserved for athletes who may be warming up for the next running event. Team Camps are along the East Track Fence.
- •<u># OF TRIALS</u>: Shot, Discus, Long Jump, Triple Jump contestants will be allowed 3 **trials**, with the **best effort of the three efforts being used in his/her teams total distance.**
- •**TIES:** Ties will stay as ties, after all methods of tie breaking are exhausted. In the event of a tie, points will be split between the places involved.
- •NONSCORING EVENTS: The 400m Throwers (Sausage) Relay, and the Quadrathlon are non-scoring. Participants will be awarded medals and records will be recorded.
- •QUADRATHLON (Non-Scoring): The Quadrathlon event consists of: The Long Jump, Shot Put, 100m low hurdles, and the 800m run. There is a scoring guide that awards points for performance. Quadrathlon entries will receive 2 throws or jumps in the field events. Their best throw or jump being recorded. Entries should report to the field events as the event is called for all other competitors in that event and identify themselves as "Quadrathletes." Quadrathletes may not compete in any other events in the relays. Quadrathletes will not be scoring participants for team points but they will receive medals for placing. Scoring for this competition will take place by a Quadrathlon scoring chart which awards points according to the athletes performances (very similar to the Decathlon). In the event of a tie for the final placing, the combined distances of:

- (1) their best long jump and shot put (2) will be used for the tie breaker.
- •ORDER OF FIELD EVENTS: Pole Vault, Girls and Boys will jump simultaneously with Girls starting at 6' and Boys at 7'. High Jump will be girls followed by boys.

  Shot Put and Discus will be run Open Pit Girls and Boys (3 throws) from 11:00-2:00 or whenever all throwers are finished. Long Jump and Triple Jump will be Open Pit Girls and Boys. Pits will be open for 3 hours 11:00-2:00.
- •TIME SCHEDULE/ORDER OF EVENTS: Is included in this packet.
- \*YOU MUST HAVE YOUR POLE VAULT WEIGHT CERTIFICATION SHEET WITH YOU.
  WITHOUT THIS SHEET, YOU MAY NOT ENTER THE EVENT.

#### •STARTING HEIGHTS:

**High Jump** will begin at 4' for the girls and 5' for boys. Heights will increase at 2" increments. When there are two or less competitors remaining, 1"inch increments will be optional.

**Pole Vault = Girls start at 6'0 and Boys at 7'0".** Increases by 1'0' until 7'0 for the Girls and 8'0 for the boys. It will then go to 7'6 for girls and 8'6 for boys. 6" increments will be used after these heights are attained.

**SHOT PUT and DISCUS- GIRLS/BOYS Open Pit.** - 3 throws each, No finals. Five Throwers will throw their 3 throws, before 5 New Throwers are brought in. There will be no warmups between the 5 throwers. If your Athlete needs to leave for a running event, let the official know that so that they are put in one of the first groupings. After the initial throw, it will be marked and measured. Any throw that does not meet or beat that mark will not be measured.

**LONG/TRIPLE JUMP- Open Pit** Girls and Boys together – 3 jumps each, No finals.

**HIGH JUMP- GIRLS FIRST**. Followed by Boys. Finals only. Girls start at 4' and Boys at 5'. Increases by 2".

#### **POLE VAULT-** Girls and Boys Start together. Finals only.

Girls start at 6'0 – Go to 7'0" and then 6" increments after that. Boys start at 7'0", then go to 8'0. Increases by 6" after that . <u>If</u> all Coaches and Officials agree, we will allow lowering and raising the bar... if needed to help the event run more efficiently... ONLY until 8'0 for Girls and 10'6 for Boys.

•CHECK OUT TIMES: There will be a 10 min. ruling for checkout to field events. Please advise your athletes NOT to check out of their field event early. If circumstances apply, we will ask the Field Judges to use discretion in the application of this rule - However, we request that all coaches and athletes help by returning to their events as soon as possible after checking out to their respective running events to keep the events and meet

moving. We will also make every effort to allow athletes to move ahead in their respective order to get their jumps in before going to their running events.

- •**Bathrooms/Water:** There are Port-o-Potties outside the East Fence of the Track as well as Bathrooms and water filling stations inside the high school.
- •**CONCESSIONS**: A concession stand will be available provided by the Platteville Sports Boosters.
- •QUESTIONS?: If you have any questions or concerns, please call me (Rob Serres) at 342-4020 (ext. 2204) or E-mail: serres@platteville.k12.wi.us FAX # 608-342-4427

Reminder: NO Frisbees, Footballs, or any other recreational toys allowed inside the fenced off area of the track.

It will be Great to see all of you - Thank You for being a part of the Platteville Relays.

It should be a very FUN Meet! Platteville High School = "Home of the Hillmen"

# PLATTEVILLE INVITATIONAL RELAYS TIME SCHEDULE AND ORDER OF EVENTS

(We plan on running ahead of schedule if possible!!! Inform your Athletes!!!) 10:30 Coaches Meeting – (Scratches) in Press Box

#### 11:00 FIELD EVENTS BEGIN

**Shot Put** - Open Pit Girls followed by Boys, 3 Throws, No finals. **Long Jump** – Open Pit Girls and Boys together, 3 Jumps, No finals **Pole Vault** – Girls and Boys Together, Girls start at 6'0 – Boys Start at 7'0 **Discus** - Open Pit Boys followed by Girls, 3 Throws, No finals. **Triple Jump** – Open Pit Girls and Boys together, 3 Jumps, No finals **High Jump** - Girls First, Start at 4'0 (Boys at 5'0)

| 11:30 | Girls Quadrathlon 100 low Hurdles                              |
|-------|--|
| 11:35 | Boys Quadrathlon 100 low Hurdles                               |
| 11:40 | 4 x 800 Relay - Girls (1 heat - Waterfall Start)               |
| 11:55 | 4 x 800 Relay – Boys (1 heat - Waterfall Start)                |
| 12:10 | 2x100 High Hurdle Shuttle - Girls                              |
| 12:25 | 2x110 High Hurdle Shuttle – Boys                               |
| 12:40 | 2x100 Meter Shuttle Relay - Girls                              |
| 12:50 | 2x100 Meter Shuttle Relay – Boys                               |
| 1:00  | Distance Medley (2-2-4-8) Relay – Girls                        |
| 1:20  | Distance Medley (2-2-4-8) Relay – Boys                         |
| 1:40  | Quadrathlon 800 Girls/Boys Together (1 heat - Waterfall Start) |
| 1:50  | Sprint Medley (1-1-2-4) Relay – Girls                          |
| 2:05  | Sprint Medley (1-1-2-4) Relay – Boys                           |
| 2:20  | 2x3200 Run Relay - Girls (1 heat - Waterfall Start)            |
| 2:40  | 2x3200 Run Relay – Boys (1 heat - Waterfall Start)             |
| 3:00  | 4 x 100 Meter Relay – Girls                                    |
| 3:10  | 4 x 100 Meter Relay – Boys                                     |
| 3:20  | 4 x 400 Meter Relay – Girls                                    |
| 3:30  | 4 x 400 Meter Relay – Boys                                     |
| 3:40  | Throwers 4 x 100 Relay – Girls                                 |
| 3:50  | Throwers 4 x 100 Relay – Boys                                  |
| 4:00  | Results and Awards Presentation                                |
|       |  |

<sup>\*</sup>The Girls and Boys 3200 Meter Run may be combined if numbers and time warrant.

Advise Athletes that we will run ahead of schedule if possible!

# **Platteville Relays**

# **Shuttle Hurdle Information**

#### **Attention Coaches:**

For the Hurdle Relay, there will be an adjustment for the first runner. The reason for this is to have the same distance to the first hurdle so that the athlete will still have a similar start like a regular event.

### For the 110m Hurdle Boys:

The first runner will start by the finish line and run toward the start. However, his start will be a tape line 30 cm in front of the finish line. The typical distance to the first hurdle is 13.72 m and the distance to the finish after the last hurdle is 14.02 m. The first runner will actually run a slightly shorter race than the second runner.

### For the 100m Hurdle Girls:

The first runner will start by the finish line at a tape mark which will be 2.5m behind the normal finish line and run toward the normal start. The first runner will actually run 2.5 m more than the second runner.

\*For both races, the second runner can start when the first runner breaks the plane of their Start line.

# **Exchange Zones for Platteville Relays**

## 400 Meter Relays (4x100)

- \* All exchange zones are YELLOW to YELLOW
- Lanes all the way.

### 3200 (4x800) Meter Relays

- \* First Runners will be put in lanes.
- \* Two Teams in each lane.
- \* First Runner may cut at the break line after the first curve,

### or Waterfall Start (at Starters discretion.)

• Second - Fourth Runners - Shuffled according to position.

## **Sprint Medley Relays (100-100-200-400)**

- \* First Runner will be put in lanes.
- \* First and Second Exchanges are YELLOW to YELLOW
- \* Fourth Runner may cut in immediately after handoff. (400 runner)

(LIKE A 4X4 EXCHANGE)

• Fourth Runner should stay in a straight line after the handoff to avoid penalty.

## Distance Medley Relays (200-200-400-800)

- \* First Runners will be put in lanes.
- \* First Exchange is YELLOW to YELLOW
- \* Third Runner (400 Runner) will run the corner to the common cut line after the first corner and then cut in towards lane 1.
- THIS IS A 3 TURN STAGGER.

## **1600 Meter Relays (4x400)**

- \* First Runner lanes all the way. (3 Turn Stagger Blue)
- \* Second Runner will cut to the pole after the first curve at the common cut line.
- Third and Fourth Runners will be shuffled in according to position.

## 3200 Meter Run Relay and 800 Meter Quadrathlon (2 Runners – Times combined)

Waterfall Starts

### 2x100 and 2x Hurdle Races

• 1<sup>st</sup> Runner Starts at Finish Line. When the first runner crosses the regular starting line, the second runner may then start and finish at the regular Finish Line for placing.

# Platteville Invitational Girl's Relays Records

| <u>Event</u>                                | <u>School</u>                           | <u>Athletes</u>   | <u>T/D</u>           | <u>Year</u>          |
|---|---|---|----------------------|----------------------|
| 2 x 100 Meter<br>Shuttle Dash               | Cuba City                               | MyKenzie Vaassen<br>Kaitlyn Kaiser  | 26.17                | 2016                 |
| 2 x 100 M H. Hurdle<br>Shuttle Relay        | Cuba City                               | Weber, Lierman  | 35.3                 | 2014                 |
| 4 x 100<br>Meter Relay                      | Platteville<br>Platteville<br>Cuba City | Ellefson, Stark, Lomax, Chryst<br>Kies, Viney, Digman, Becker<br>Kerkel, Lierman, Kaiser, Weber | 51.7<br>51.7<br>51.7 | 1985<br>2000<br>2014 |
| <u>1-1-2-4</u><br>Sprint Medley             | Platteville                             | Muzinga, Stecklein,<br>Klein, A.Serres  | 1:56.6               | 2012                 |
| <u>2-2-4-8</u><br><u>Distance Medley</u>    | Platteville                             | Stecklein, J.Lawinger<br>Donovan, T.Serres  | 4:17.8               | 2012                 |
| <u>4 x 400</u><br><u>Meter Relay</u>        | Richland Center                         | McBain, Shireman,<br>Wilson, Schutzkus  | 4:07.6               | 1981                 |
| <u>4 x 800</u><br><u>Meter Relay</u>        | Platteville                             | A.Serres, Lawinger<br>Donovan, T.Serres   | 9:58.0               | 2012                 |
| <u>2 x 3200 Meter</u><br><u>Run Relay</u>   | DodgePoint                              | Michaela Courtney,<br>Katrina Rundhaug  | 23:14.7              | 2001                 |
| 4 x 100 Meter<br>Throwers Relay             | Cuba City                               | Fink, Gigeous,<br>Kopp, Weber   | 57.0                 | 2011                 |
| <b>Long Jump Relay</b>                      | <b>Cuba City</b>                        | K. Kaiser, MyKenzie Vaassen   | 33'0"                | 2016                 |
| <b>Triple Jump Relay</b>                    | Prairie duChien                         | Dejka, Jelineck   | 67'3"                | 1997                 |
| <u>High Jump Relay</u>                      | Monroe                                  | Shreve, Wittenwyler   | 10'10"               | 1988                 |
| Pole Vault Relay                            | Lancaster                               | L.Massey, Roland  | 19'0"                | 2004                 |
| <b>Shot Put Relay</b>                       | Cuba City                               | Mollie Wedige, Camry Fields   | 73'0"                | 2015                 |
| <b>Discus Relay</b>                         | Platteville                             | S. Digman, I. Carroll   | 223'7"               | 2018                 |
| <b>Quadrathalon</b>                         | Boscobel                                | Tara Steffes  | 2840 pts.            | 1996                 |
| <u>Jr. High Sp. Med</u>                     | Platteville                             | J. White,T.Muzinga,<br>S. Langmeier, M. Rooney  | 2:05.19              | 2016                 |
| 100 Meter Dash                              | <b>Richland Center</b>                  | Kim Tiller  | 12.31                | 1984                 |
| 3200 Meter Run                              | Platteville                             | Amy Scheuerell  | 11:42                | 1998                 |
| <u>4x100 Meter</u><br><u>Freshmen Relay</u> | Platteville                             | Goke, Tucker,<br>Johll, Denn  | 54.7                 | 1996                 |

# Platteville Invitational Boy's Relays Records

| <u>Event</u>                                 | <u>School</u>             | <u>Athletes</u>  | <u>T/D</u>   | <u>Year</u>  |
|--|---------------------------|--|--------------|--------------|
| 2 x 100 Meter<br>Shuttle Dash                | River Valley              | Kyle Thomas<br>Nyasanu Jones   | 22.59        | 2016         |
| 2 x 110 M H. Hurdle<br>Shuttle Relay         | Platteville               | Matt Bailie<br>Ryan Rako   | 32.1         | 2011         |
| <u>4 x 100</u><br>Meter Relay                | Lena-Winslow              | Oakley, Haas,<br>Fox, Sellers  | 44.0         | 2012         |
| <u>1-1-2-4</u><br>Sprint Medley              | Platteville               | Niehaus, Schleuter,<br>Kroll, Saunders                                 | 1:36.3       | 2012         |
| <u>2-2-4-8</u><br><u>Distance Medley</u>     | Platteville<br>DodgePoint | Martens, Denn, Klawitter, Engelkes<br>Francia, Raess, Schickel, Nelson | 3:41.6       | 1987<br>2014 |
| <u>4 x 800</u><br>Meter Relay                | Platteville               | B. Engelkes, Frigo<br>Cushman, Udelhofen                               | 8:09.2       | 1985         |
| <u>4x400</u><br>Meter Relay                  | Lena-Winslow              | Oakley, Chenong<br>Fox, Sellers  | 3:26.2       | 2012         |
| 2 x 3200 Meter Run<br><u>Relay</u>           | Platteville               | Vince Momot<br>Dan Iselin  | 20:12.91     | 2016         |
| <u>4 x100 Meter</u><br><u>Throwers Relay</u> | Platteville               | Kueter, Hilmann,<br>Nodolf, Shanley                                    | 47.3         | 1990         |
| <b>Long Jump Relay</b>                       | River Valley              | Kyle Thomas, Nyasanu Jones   | 42'4.5"      | 2016         |
| <b>Triple Jump Relay</b>                     | Lancaster                 | Hoch, Bausch   | 83'8.75      | 2002         |
| <u>High Jump Relay</u>                       | Platteville               | Russ Poller, Jamie Denn  | 12'8"        | 1993         |
| <u>Pole Vault Relay</u>                      | Platteville               | Zack Wolf, Jake Schaal   | 27'6"        | 2002         |
| <b>Shot Put Relay</b>                        | <b>Cuba City</b>          | Eastlick, Breshnahan   | 104'4"       | 1986         |
| <b>Discus Relay</b>                          | Platteville               | Doug Oomens, Jeff Kueter   | 300'0"       | 1989         |
| <b>Quadrathalon</b>                          | DodgePoint                | Terry Schaat   | 3563 pts.    | 1996         |
| <u>Jr. High Sp. Med</u>                      | Lena-Winslow              | R. Valentine, I. Bruce,<br>S Ormiston, L. Dominquez                    | 1:48.82      | 2016         |
| 100 Meter Dash                               | Lancaster<br>Platteville  | Adam Hampton<br>Lynn Oyawiri   | 11.0<br>11.0 | 2006<br>2007 |
| 3200 Meter Run                               | Fennimore                 | Hoffland   | 9:39.8       | 1981         |
| 4 x100 Fresh. Relay<br>Freshmen Relay        | Lancaster                 | Hampton, Hoch,<br>Knapp, Schmitz                                       | 46.9         | 1999         |

# <u>Platteville Relays Quadrathlon Scoring Chart</u>

|               |              | <del></del> |              | <u> </u>    |              | <u> </u>    |              |             |
|---------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|
|               | 100 Hur.     | 100 Hur.    | Long Jump    | Long Jump   | Shot Put     | Shot Put    | 800 Meters   | 800 Meters  |
| <b>Points</b> | <u>Girls</u> | <u>Boys</u> | <u>Girls</u> | <u>Boys</u> | <u>Girls</u> | <u>Boys</u> | <u>Girls</u> | <u>Boys</u> |
| 1000          | 13.5         | 12.5        | 18'0         | 20'0        | 40'0         | 50'0        | 2:15         | 2:05        |
| 990           | 13.6         | 12.6        | 17'10        | 19'10       | 39'6         | 49'6        | 2:18         | 2:08        |
| 980           | 13.7         | 12.7        | 17'8         | 19'8        | 39'0         | 49'0        | 2:20         | 2:10        |
| 970           | 13.8         | 12.8        | 17'6         | 19'6        | 38'6         | 48'6        | 2:22         | 2:12        |
| 960           | 13.9         | 12.9        | 17'4         | 19'4        | 38'0         | 48'0        | 2:24         | 2:14        |
| 950           | 14.0         | 13.0        | 17'2         | 19'2        | 37'6         | 47'6        | 2:26         | 2:16        |
| 940           | 14.1         | 13.1        | 17'0         | 19'0        | 37'0         | 47'0        | 2:28         | 2:18        |
| 930           | 14.2         | 13.2        | 16'10        | 18'10       | 36'6         | 47'6        | 2:30         | 2:20        |
| 920           | 14.3         | 13.3        | 16'8         | 18'8        | 36'0         | 46'0        | 2:32         | 2:22        |
| 910           | 14.4         | 13.4        | 16'6         | 18'6        | 35'6         | 45'6        | 2:34         | 2:24        |
| 900           | 14.5         | 13.5        | 16'4         | 18'4        | 35'0         | 45'0        | 2:35         | 2:25        |
| 890           | 14.6         | 13.6        | 16'2         | 18'2        | 34'6         | 44'6        | 2:36         | 2:26        |
| 880           | 14.7         | 13.7        | 16'0         | 18'0        | 34'0         | 44'0        | 2:37         | 2:27        |
| 870           | 14.8         | 13.8        | 15'10        | 17'10       | 33'6         | 43'6        | 2:38         | 2:28        |
| 860           | 14.9         | 13.9        | 15'8         | 17'8        | 33'0         | 43'0        | 2:39         | 2:29        |
| 850           | 15.0         | 14.0        | 15'6         | 17'6        | 32'6         | 42'6        | 2:40         | 2:30        |
| 840           | 15.1         | 14.1        | 15'4         | 17'4        | 32'0         | 42'0        | 2:41         | 2:31        |
| 830           | 15.2         | 14.2        | 15'2         | 17'2        | 31'6         | 41'6        | 2:42         | 2:32        |
| 820           | 15.3         | 14.3        | 15'0         | 17'0        | 31'0         | 41'0        | 2:43         | 2:33        |
| 810           | 15.4         | 14.4        | 14'10        | 16'10       | 30'6         | 40'6        | 2:44         | 2:34        |
| 800           | 15.5         | 14.5        | 14'8         | 16'8        | 30'0         | 40'0        | 2:45         | 2:35        |
| 790           | 15.6         | 14.6        | 14'6         | 16'6        | 29'6         | 39'6        | 2:46         | 2:36        |
| 780           | 15.7         | 14.7        | 14'4         | 16'4        | 29'0         | 39'0        | 2:47         | 2:37        |
| 770           | 15.8         | 14.8        | 14'2         | 16'2        | 28'6         | 38'6        | 2:48         | 2:38        |
| 760           | 15.9         | 14.9        | 14'0         | 16'0        | 28'0         | 28'0        | 2:49         | 2:39        |
| 750           | 16.0         | 15.0        | 13'10        | 15'10       | 27'6         | 37'6        | 2:50         | 2:40        |
| 740           | 16.1         | 15.1        | 13'8         | 15'8        | 27'0         | 37'0        | 2:51         | 2:41        |
| 730           | 16.2         | 15.2        | 13'6         | 15'6        | 26'8         | 36'8        | 2:52         | 2:42        |
| 720           | 16.3         | 15.3        | 13'4         | 15'4        | 26'4         | 36'4        | 2:53         | 2:43        |
| 710           | 16.4         | 15.4        | 13'2         | 15'2        | 26'0         | 36'0        | 2:54         | 2:44        |
| 700           | 16.5         | 15.5        | 13'0         | 15'0        | 25'8         | 35'8        | 2:55         | 2:45        |
| 690           | 16.6         | 15.6        | 12'11        | 14'11       | 25'4         | 35'4        | 2:56         | 2:46        |
| 680           | 16.7         | 15.7        | 12'10        | 14'10       | 25'0         | 35'0        | 2:57         | 2:47        |
| 670           | 16.8         | 15.8        | 12'9         | 14'9        | 24'8         | 34'8        | 2:58         | 2:48        |
| 660           | 16.9         | 15.9        | 12'8         | 14'8        | 24'4         | 34'4        | 2:59         | 2:49        |
| 650           | 17.0         | 16.0        | 12'7         | 14'7        | 24'0         | 34'0        | 3:00         | 2:50        |
| 640           | 17.1         | 16.1        | 12'6         | 14'6        | 23'8         | 33'8        | 3:01         | 2:51        |
| 630           | 17.2         | 16.2        | 12'5         | 14'5        | 23'4         | 33'4        | 3:02         | 2:52        |
| 620           | 17.3         | 16.3        | 12'4         | 14'4        | 23'0         | 33'0        | 3:03         | 2:53        |

| 610 | 17.4 | 16.4 | 12'3  | 14'3  | 22'8  | 32'8  | 3:04 | 2:54 |
|-----|------|------|-------|-------|-------|-------|------|------|
| 600 | 17.5 | 16.5 | 12'2  | 14'2  | 22'4  | 32'4  | 3:05 | 2:55 |
| 590 | 17.6 | 16.6 | 12'1  | 14'1  | 22'0  | 32'0  | 3:06 | 2:56 |
| 580 | 17.7 | 16.7 | 12'0  | 14'0  | 21'10 | 31'10 | 3:07 | 2:57 |
| 570 | 17.8 | 16.8 | 11'11 | 13'11 | 21'8  | 31'8  | 3:08 | 2:58 |
| 560 | 17.9 | 16.9 | 11'10 | 13'10 | 21'6  | 31'6  | 3:09 | 2:59 |
| 550 | 18.0 | 17.0 | 11'9  | 13'9  | 21'4  | 31'4  | 3:10 | 3:00 |
| 540 | 18.1 | 17.1 | 11'8  | 13'8  | 21'2  | 31'2  | 3:11 | 3:01 |
| 530 | 18.2 | 17.2 | 11'7  | 13'7  | 21'0  | 31'0  | 3:12 | 3:02 |
| 520 | 18.3 | 17.3 | 11'6  | 13'6  | 20'10 | 30'10 | 3:13 | 3:03 |
| 510 | 18.4 | 17.4 | 11'5  | 13'5  | 20'8  | 30'8  | 3:14 | 3:04 |

|        | 100 Hur. | 100 Hur. | Long Jump | Long Jump | Shot Put | Shot Put | 800 Meters | 800 Meters |
|--------|----------|----------|-----------|-----------|----------|----------|------------|------------|
| Points | Girls    | Bovs     | Girls     | Bovs      | Girls    | Bovs     | Girls      | Bovs       |
| 500    | 18.5     | 17.5     | 11'4      | 13'4      | 20'6     | 30'6     | 3:15       | 3:05       |
| 490    | 18.6     | 17.6     | 11'3      | 13'3      | 20'4     | 30'4     | 3:16       | 3:06       |
| 480    | 18.7     | 17.7     | 11'2      | 13'2      | 20'2     | 30'2     | 3:17       | 3:07       |
| 470    | 18.8     | 17.8     | 11'1      | 13'1      | 20'0     | 30'0     | 3:18       | 3:08       |
| 460    | 18.9     | 17.9     | 11'0      | 13'0      | 19'10    | 29'10    | 3:19       | 3:09       |
| 450    | 19.0     | 18.0     | 10'11     | 12'11     | 19'8     | 29'8     | 3:20       | 3:10       |
| 440    | 19.1     | 18.1     | 10'10     | 12'10     | 19'6     | 29'6     | 3:21       | 3:11       |
| 430    | 19.2     | 18.2     | 10'9      | 12'9      | 19'4     | 29'4     | 3:22       | 3:12       |
| 420    | 19.3     | 18.3     | 10'8      | 12'8      | 19'2     | 29'2     | 3:23       | 3:13       |
| 410    | 19.4     | 18.4     | 10'7      | 12'7      | 19'0     | 29'0     | 3:24       | 3:14       |
| 400    | 19.5     | 18.5     | 10'6      | 12'6      | 18'10    | 28'10    | 3:25       | 3:15       |
| 390    | 19.6     | 18.6     | 10'5      | 12'5      | 18'8     | 28'8     | 3:26       | 3:16       |
| 380    | 19.7     | 18.7     | 10'4      | 12'4      | 18'6     | 28'6     | 3:27       | 3:17       |
| 370    | 19.8     | 18.8     | 10'3      | 12'3      | 18'4     | 28'4     | 3:28       | 3:18       |
| 360    | 19.9     | 18.9     | 10'2      | 12'2      | 18'2     | 28'2     | 3:29       | 3:19       |
| 350    | 20.0     | 19.0     | 10'1      | 12'1      | 18'0     | 28'0     | 3:30       | 3:20       |
| 340    | 20.1     | 19.1     | 10'0      | 12'0      | 17'10    | 27'10    | 3:31       | 3:21       |
| 330    | 20.2     | 19.2     | 9'11      | 11'11     | 17'8     | 27'8     | 3:32       | 3:22       |
| 320    | 20.3     | 19.3     | 9'10      | 11'10     | 17'6     | 27'6     | 3:33       | 3:23       |
| 310    | 20.4     | 19.4     | 9'9       | 11'9      | 17'4     | 27'4     | 3:34       | 3:24       |
| 300    | 20.5     | 19.5     | 9'8       | 11'8      | 17'2     | 27'2     | 3:35       | 3:25       |
| 290    | 20.6     | 19.6     | 9'7       | 11'7      | 17'0     | 27'0     | 3:36       | 3:26       |
| 280    | 20.7     | 19.7     | 9'6       | 11'6      | 16'10    | 26'10    | 3:37       | 3:27       |
| 270    | 20.8     | 19.8     | 9'5       | 11'5      | 16'8     | 26'8     | 3:38       | 3:28       |
| 260    | 20.9     | 19.9     | 9'4       | 11'4      | 16'6     | 26'6     | 3:39       | 3:29       |
| 250    | 21.0     | 20.0     | 9'3       | 11'3      | 16'4     | 26'4     | 3:40       | 3:30       |
| 240    | 21.1     | 20.1     | 9'2       | 11'2      | 16'2     | 26'2     | 3:41       | 3:31       |
| 230    | 21.2     | 20.2     | 9'1       | 11'1      | 16'0     | 26'0     | 3:42       | 3:32       |
| 220    | 21.3     | 20.3     | 9'0       | 11'0      | 15'6     | 25'6     | 3:43       | 3:33       |
| 210    | 21.4     | 20.4     | 8'11      | 10'11     | 15'0     | 25'0     | 3:44       | 3:34       |
| 200    | 21.5     | 20.5     | 8'10      | 10'10     | 14'6     | 24'6     | 3:45       | 3:35       |
| 190    | 21.6     | 20.6     | 8'9       | 10'9      | 14'0     | 24'0     | 3:46       | 3:36       |
| 180    | 21.7     | 20.7     | 8'8       | 10'8      | 13'6     | 23'6     | 3:47       | 3:37       |
| 170    | 21.8     | 20.8     | 8"7       | 10'7      | 13'0     | 23'0     | 3:48       | 3:38       |
| 160    | 21.9     | 20.9     | 8'6       | 10'6      | 12'6     | 22'6     | 3:49       | 3:39       |
| 150    | 22.0     | 21.0     | 8'5       | 10'5      | 12'0     | 22'0     | 3:50       | 3:40       |
| 140    | 22.2     | 21.2     | 8'4       | 10'4      | 11'6     | 21'6     | 3:51       | 3:41       |
| 130    | 22.4     | 21.4     | 8'3       | 10'3      | 11'0     | 21'0     | 3:52       | 3:42       |

|     |      |      |      | 1    |      |      |      | 1    |
|-----|------|------|------|------|------|------|------|------|
| 120 | 22.6 | 21.6 | 8'2  | 10'2 | 10'6 | 20'6 | 3:53 | 3:43 |
| 110 | 22.8 | 21.8 | 8'1  | 10'1 | 10'0 | 20'0 | 3:54 | 3:44 |
| 100 | 23.0 | 22.0 | 8'0  | 10'0 | 9'6  | 19'6 | 3:55 | 3:45 |
| 90  | 23.4 | 22.4 | 7'11 | 9'11 | 9'0  | 19'0 | 3:56 | 3:46 |
| 80  | 23.8 | 22.8 | 7'10 | 9'10 | 8'6  | 18'6 | 3:57 | 3:47 |
| 70  | 24.0 | 23.0 | 7'0  | 9'0  | 8'0  | 18'0 | 3:58 | 3:48 |
| 60  | 24.4 | 23.4 | 6'0  | 8'0  | 7'6  | 17'6 | 3:59 | 3:49 |
| 50  | 24.8 | 23.8 | 5'0  | 7'0  | 7'0  | 17'0 | 4:00 | 3:50 |
| 40  | 25.0 | 24.0 | 4'0  | 6'0  | 6'6  | 16'6 | 4:15 | 4:05 |
| 30  | 26.0 | 25.0 | 3'0  | 5'0  | 6'0  | 16'0 | 4:30 | 4:20 |
| 20  | 27.0 | 26.0 | 2'0  | 4'0  | 5'6  | 15'6 | 4:45 | 4:35 |
| 10  | 28.0 | 27.0 | 1'0  | 3'0  | 5'0  | 15'0 | 5:00 | 4:50 |