



Southwestern Track & Field

Southwestern High School Track & Field Quad

Thursday, April 21, 2022

Southwestern High School Track & Field Complex

Participating Teams

- Benton/Scales Mound/Shullsburg, Cuba City, Darlington, & Southwestern

Meet Officials

- Howard Jubeck & Chuck Spielman

Jury of Appeals

- Referee Jubeck, Referee Spielman, Coach Dave Wills, Coach Pat Reichling, & Paul Reynolds.

Entries

- Unlimited entries. WI high school rules apply to the number of events an athlete competes in
- All entries must be done using the MileSplit website – <https://wi.milesplit.com>
- Entries must be received by **7:00 PM on Wednesday, April 20th**
- Questions related to online entries should be directed to Clark Jillson at AccuRace Timing, chvjillson@aol.com

Entry Fee

- No fee for this event

Start Times

- Coaches Meeting – 3:45 PM (White shed at the southwest corner of the track)
- Field Events – 4:15 PM
- Races – 4:30 PM

Performances

- Please submit realistic times for all track entries. *(Only scratches will be accepted the day of the meet)*

Pole Vault Verification Form

- All schools must supply a pole vault verification form at check-in. This form is located at the following website: http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf

Parking & Team/Spectator Entry

- Team bus parking: See attached map for bus parking areas.
- Spectator parking: Spectators may park in any available spaces in the elementary or high school parking lots or on nearby side streets.
- Facility entrance: All athletes and coaches should be dropped off and enter the track facility at the SW corner, near the white shed of the high school. Spectators should enter the facility at the main entrance gate, located at the northeast corner of the track (near the elementary playground).

Restrooms & Concessions

- Located on the lower level of the press box

Football Turf & Track Surface Rules

- Only regulation track shoes/spikes and tennis shoes are allowed on the track or field turf areas.
- Shot put and/or discus practice on the synthetic turf areas are strictly forbidden.
- No food, candy, or beverages (except water), including soft drinks, sports drinks, sunflower seeds, gum, or other foreign food substances are permitted on the artificial field or track.
- Chairs, tables, canopies, tent stakes, flags, or any other potentially damaging objects may not be placed on any part of the artificial turf or track without permission from SWSD maintenance/administration prior to the event.
- Equipment to be transported across the field turf or track surface must be carried or transported on a cart with tires that will not dent, puncture, or otherwise damage these surfaces.
- **Any damage to the field or track caused by failing to follow regulations will result in a fine to cover the cost of cleaning and/or repair to restore the facility to its prior condition.**

Exchange Zones

- 4x100 #1 - BSMS Coach & SW Coach
 #2 - Cuba City Coach & Darlington Coach
 #3 - Other assistant/volunteer coaches
- 4x200 #1/#3 - Other assistant/volunteer coaches
 #2/#4 - Meet referees

Schedule of Events

- 3:45** Coaches' meeting in the white shed (SW corner of the track)
4:15 Field Events Begin
4:30 Running Events Begin

Field Events		
TIME	B/G	Event
4:15pm	G	Shot Put: 4 Throws; No finals
	B	Shot Put: 4 Throws; No finals
4:15pm	B	Triple Jump: Open pit (1 hour); 4 jumps; No finals
	G	Triple Jump: Open pit (1 hour); 4 jumps; No finals
4:15pm	G	Long Jump: Open pit; 4 jumps; No finals
	B	Long Jump: Open pit; 4 jumps; No finals
4:15pm	G	High Jump: Open pit (1 hour)
	B	High Jump: Open pit (1 hour)
4:15pm	B	Pole Vault: Open pit
	G	Pole Vault: Open pit
4:15pm	B	Discus: Flights; 4 throws; No finals
	G	Discus: Flights; 4 throws; No finals



Running Events		
TIME	B/G	Event
4:30pm	G	4x800 M Relay (We may run both genders together)
	B	4x800 M Relay (We may run both genders together)
	G	100 M Hurdles
	B	110 M Hurdles
	G	100 M Dash
	B	100 M Dash
	G	1600 M Run (We may run both genders together)
	B	1600 M Run (We may run both genders together)
	G	4x200 M Run
	B	4x200 M Run
	G	400 M Dash
	B	400 M Dash
	G	4x100 M Relay
	B	4x100 M Relay
	G	300 M Low Hurdles
	B	300 M Intermediate Hurdles
	G	800 M Run
	B	800 M Run
	G	200 M Dash
	B	200 M Dash
	G	3200 M Run (We may run both genders together)
	B	3200 M Run (We may run both genders together)
	G	4x400 M Relay (We may run both genders together)
	B	4x400 M Relay (We may run both genders together)

*****SCHEDULE IS ROLLING... IF WE GET AHEAD WE WILL STAY AHEAD*****

Results

- Results will **NOT** be printed. Please visit www accuracetimeing.com for all results after the meet.

Questions

Questions can be directed to:

Southwestern HS Track Coach – Dave Wills

willsd@swsd.k12.wi.us

608.854.2261 ext. 235

Southwestern HS Athletic Director – Tom Koeller

koellert@swsd.k12.wi.us

608.330.3803 (c)

Facility Map





Oak St

Elm St

Wildcat

Southwestern High School

Bus Parking

Bus Parking

Bus Parking

Bus Parking - Back In

Team Drop-Off Area

Teams / Tent Area

NO PARKING

NO PARKING

Spectator Entry Gate

Discus Field

Shot Put →

