



SWC Track and Field Varsity Conference Meet

Tuesday, May 17, 2022 4:00 p.m.

Participating Teams:

Dodgeville-Mineral Point, Lancaster, Platteville, Prairie du Chien (Host), Richland Center, and River Valley

Entry Limits:

Unlimited entries. Wisconsin high school rules apply to the number of events an individual athlete competes in.

Entry Deadline:

Entry deadline is Monday, May 16, at 8:00 p.m. **No additions or changes will be allowed at the coaches meeting other than scratches.**

Entry Link:

<https://wi.milesplit.com/> will be handling online entries. Only online entries will be accepted. The link to access online entries will be available at: <http://www accuracetimeing.com/schedule.html>

Start Time:

Coaches' Meeting – 3:45 pm
Field Events – 4:00 pm
Running Events - 4:30 pm

Meet Officials:

Tom Block
Knight Wynn
Heidi Serres

Scoring:

Individual 10-8-6-4-2-1
Relays: 10-8-6-4-2

Entry Fee:

\$125.00

Facility:

The track is 8 lanes --- The track is Sealflex. ¼" spikes allowed for the track, approaches, and runways. Flats only on pads. Prairie du Chien High School address – 800 East Crawford Street, Prairie du Chien

Bus Parking:

Buses should drop off in the back parking lot and park in the front parking lot.

Awards and Trophies:

Medals for the first three places in each event. The first place finishers in each event will be deemed 1st Team All-Conference, and second place finishers in each event will be considered 2nd Team All-Conference. Conference plaque to the first place boys and girls team. Will be mailed at a later date.

Infield:

Athlete warm-ups only. Coaches and athletes are not to congregate in the infield.

Scratches:

Scratches only can be made at the coaches' meeting. No new entries.

Coaches' Meeting:

Coaches' meeting will take place in the **HS Cafeteria** at 3:45 pm. We will set opening heights for high jump and pole vault at the meeting.

Opening Heights: *(Actual Height Changes Based on Entries)*

High Jump: TBA at coaches meeting

Pole Vault: TBA at coaches meeting

Camp Areas:

Each team will have a camp area around the track complex. Athletes are asked to not sit in the bleachers and when not competing please stay in their own camp area.

Restrooms:

Restrooms are attached to the concession stand.

Combining of Races:

Possibility of running combined boys and girls heat depending on entries.

Open Pit:

Long and triple jump are 1 hour 15 minutes open pit, 3 jumps, finals to follow (9 advance to finals)(15-minute break between open pit and finals) --- Girls long jump followed by boys – Boys triple followed by girls.

High Jump

Girls first followed by boys.

Shot put and Discus Flighted (if necessary):

Shot and Discus will be flighted, 3 throws, finals to follow. (9 advancing to finals) Boys discus and girls shot first.

Pole Vault

Boys first followed by girls.

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

Running Events:

Check-in with the clerk of course near the start of the 100m.

Results:

Results can be found at www accuracetimeing.com

Exchange Zones:

Please assist us in watching the exchange zones. 4x200 River Valley In - Lancaster Out. 4x100 Richland Center exchange 1, Dodgeville exchange 2, Platteville exchange 3.

Meet Manager: Andy Banasik – Activities Director

Questions:

If you have further questions or concerns, please call or email:

Andy Banasik, AD (608) 326-3702 banan@pdc.k12.wi.us or Sara Godfrey, AD Assistant (608) 326-3717 godfreysa@pdc.k12.wi.us

SCHEDULE OF EVENTS

<i>Field Events</i>		
Time	B/G	Event
5:00pm	G	Shot Put: Flights; 3 throws, finals
	B	Shot Put: Flights; 3 throws, finals
5:00pm	B	Triple Jump: Open pit; 3 jumps, finals
	G	Triple Jump: Open pit; 3 jumps, finals
5:00pm	G	Long Jump: Open pit; 3 jumps, finals
	B	Long Jump: Open pit; 3 jumps, finals
5:00pm	G	High Jump: Height: TBA
	B	High Jump Height: TBA
5:00pm	B	Pole Vault Height: TBA
	G	Pole Vault Height: TBA
5:00pm	B	Discus: Flights; 3 throws, finals
	G	Discus: Flights; 3 throws, finals

<i>Running Events</i>		
Time		Event
5:00pm	G	4x800m Relay (Could combine genders)
	B	4x800m Relay (Could combine genders)
	G	100m High Hurdle
	B	110m High Hurdle
	G	100m Dash
	B	100m Dash
	G	1600m (Could combine genders)
	B	1600m (Could combine genders)
	G	4x200m Relay
	B	4x200m Relay
	G	400m
	B	400m
	G	4x100m Relay
	B	4x100m Relay
	G	300m Intermediate Hurdles
	B	300m Intermediate Hurdles
	G	800m
	B	800m
	G	200m
	B	200m
	G/B	3200m (Could combine genders)
	G	4x400m (Could combine genders)
	B	4x400m (Could combine genders)