

*Cuba City High School
101 S School Street
Cuba City, WI 53807
608-744-8888*

**SWAL Conference Track & Field Meet
Monday, May 16, 2022 - 4:00 PM**

Participating Schools: Boscobel, Cuba City, Darlington, Iowa-Grant, Fennimore, Riverdale and Southwestern

Start Times: Coaches Meeting	3:30 pm	Coaches will meet at the Garage
Field Events	4:00 pm	Implements will be weighed in shed by throws area
Running Events	4:30 pm	Clerk Check in and Stickers at the South end of track

Meet Officials: Mr. Howie Jubeck
Mr. Loren Homb

Entries: All WIAA Rules Apply - 3 entries per event, one relay. 28 total individual entries.
Entries will be made online at milesplit.com

Entry Deadline: Entry deadline is **Monday, May 16th, 2022 at 10:00am**. No changes will be allowed after unless accompanied with a doctor's excuse. Heat sheets will be available at 12:00 pm the day of the meet. No reseeding will occur after the posting of meet entries.

Timing: Timing service provided by AccuRaceTiming Services

Bus Parking: Buses will park at the southeast end of the parking lot located by the baseball diamond.

Team Camps: The grassy area outside of the baseball field will be available for team tents. Please keep sidewalk areas open for spectators.

Restricted Areas: No spectators will be allowed on the infield or on the track, Clerk of Course Area, or the flagged-off competition area. Only competing athletes/meet personnel are allowed in these areas.

Jury of Appeals: Loren Homb - official, Pat Reichling - Darlington, Kim Matthews - Cuba City, Todd McKay - Riverdale, Keri Lawson - Cuba City Athletic Director

Implement Weigh-In: Implements will be weighed in at the shed located by the throwing area. Weigh-ins must be completed between 3:15-4:00pm. Any implement not meeting specifications will be impounded until the end of the throwing events.

Restrooms: Located inside Cuba City High School. There are also two port-a-potties by the baseball field.

Concessions: Concessions will be available from the Cuba City Athletic Boosters.

T-shirts: SWAL Conference apparel will be sold from *Northwest Designs*.

Results: Live results provided at accuracetiming.com

- Preliminaries:** Preliminaries will be run in the 100M, 200M, and 100/110 High Hurdles, unless there are no more entries than lanes allow. The winner of each heat will advance to the finals, with lanes filled with the next fastest times. There will be a 15 minute break following the trials.
- Field Events:** Field events will be run in flights, beginning at 4:00pm. Check out time will be 10 minutes. The top eight performances in shot put, discus, long jump and triple jump will advance to the finals. A ten minute warm up time will precede the finals.
- Scoring:** 10-8-6-4-2-1 for individual events, 10-8-6-4-2 for relays.
- Awards:** Medals for 1st, 2nd and 3rd place, team plaques for 1st place teams. Coaches will vote (one vote for each head coach) on the outstanding male & female performer. In case of a tie, the athlete scoring the most points in the meet shall be declared the medal recipient.
- Medal Presentation:** 1st -3rd place medals in each event will be presented at mid-field.
- Exchange Zones:** 4X100 - #1 - Boscobel; #2 Southwestern/Iowa-Grant; #3 Cuba City
4X200 - #2/4 - Darlington/Fennimore/Riverdale
- Miscellaneous:** We kindly ask that schools help cby cleaning up their camp area after the meet as well as remove tape from exchange zones. (Please DO NOT use anything but tape or chalk to mark zones.)
- Please make sure you bring you updated Pole Vault Weight Sheets.
THE FINAL WEIGH IN WILL BE ON THE DAY OF THE CONFERENCE MEET.
- Meet Manager:** Kim Matthews [-kim.matthews@cubacity.k2.wi.us](mailto:kim.matthews@cubacity.k2.wi.us)
Cell:608-330-2461
- Athletic Director:** Keri Lawson - keri.lawson@cubacity.k12.wi.us
Cell: 563-590-4564

****See next page for order of events.**

WIAA SCHEDULE OF EVENTS

All Field Events will begin at **4:00 pm**

- Shot Put: Girls followed by Boys Flights; 3 throws; best 8 to finals
- Long Jump: Girls followed by Boys Open pit; 3 jumps; best 8 to finals
- High Jump: Girls followed by Boys
- Triple Jump: Boys followed by Girls Open pit; 3 jumps; best 8 to finals
- Pole Vault: Boys followed by Girls
- Discus: Boys followed by Girls Flights; 3 throws; best 8 to finals
- Starting heights for pole vault and high jump will be set two increments below the 8th best athlete. High Jump at an even increment and pole vault by 6"/12".

Running Events-All running events will be girls followed by boys

First Race begins at **4:30 pm**

- 3200 Meter Relay
- 100 Meter Dash Trials (*will begin no sooner than 4:55 for Girls, 5:00 for Boys*)
- 100/110 Meter High Hurdles Trials (*will begin no sooner than 5:05 for Girls, 5:10 for Boys*)
- 200 Meter Dash Trials (*will begin no sooner than 5:15 for Girls, 5:20 for Boys*)

15 minute Break (*Rolling schedule following the break*)

- 100/110 Meter High Hurdles Finals
- 100 Meter Dash Finals
- 1600 Meter Run
- 800 Meter Relay
- 400 Meter Dash
- 400 Meter Relay
- 300 Meter Low Hurdles (girls)
- 300 Meter Intermediate Hurdles (boys)
- 200 Meter Dash Finals
- 3200 Meter Run
- 1600 Meter Relay