



Baraboo Athletics

Baraboo High School
1201 Draper Street
Baraboo, WI 53913
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Jim Langkamp-Activities Director



We welcome you to the **57th Annual Baraboo Relays on Friday, April 28th, 2023**. We are looking forward to hosting and having your athletes compete at our facility.

This year's competing teams include: **Baraboo, Columbus, Madison LaFollette, Marshall, Reedsburg, Sauk Prairie, Tomah, and Wisconsin Dells.**

Entries:

We will be using <http://wi.milesplit.com>

All entries are due on: Thursday April 27th by 12:00 p.m.

Entry fees are \$250 which includes boys and girls.

Questions to Tom Leaver at: tleaver@barabooschools.net

Please advise the following:

- **Athletes may be entered in no more than 4 events.**
- **1/4" pyramid spikes are allowed**
- **One entry in the 100m dash and the 3200m run.**
- **Scoring: All Events: 10-8-6-5-4-3-2-1**
- **Online registration will have 4 entries for the shuttle races
(we do only 3 entries)**
- **Distance Medley will list the collegiate order - we will do:
(400, 800, 1200, 1600)**

Awards:

- **Commemorative Medals to 1st, 2nd, 3rd place**
- **Team plaque to meet champion**

Event information:

- **Field event teams will consist of 3 athletes except the pole vault which will have 2 athletes. In the shot, discus, triple jump and long jump, all competitors will be allowed four attempts. **No Finals****

- Starting height in the pole vault will be **8'0" for boys** and **6'0" for girls**. The 1st increment will be one foot with 6" increments to follow. Athletes will have 3 attempts per height. For opening height and 2nd increment, athletes will be **required** to take **3 consecutive attempts**.
- Starting height in the high jump will be **4'2" for the girls** and **4'10" for the boys**. Two inch increments with 3 attempts per height. For opening height and 2nd increment athletes will be **required** to take **3 consecutive attempts**.
 - * **It is our hope this helps speeds these events along, and it will ensure quality attempts by your top athletes.**
- In the **high hurdle shuttle** and **throwers shuttle** there will be cones at a **4' exchange point**. The incoming runner must break that line with their torso before the outgoing runner can start.
- The **3200 relay** will have a **1 turn stagger**.
- The **800 relay** will have a **4 turn stagger**.
- The **Distance Medley** (400, 800, 1200, 1600) and the **1600 relay** will have a **3 turn stagger**, the second runner may move to the inside after completing the first turn and getting to the cut line.
- The **Sprint Medley** (200, 200, 400 ,800) will have a **4 turn stagger** with both 200 runners and 400 runner **lanes all the way**. 400 runner starts in the 30 meter red exchange zone. The 800 runner can cut immediately.
- **The 400 relay** will have a **2 turn stagger**

New event for 2023

Co-ed Mixed 400 relay with freshmen and sophomores

Follows the varsity races - **must be in this order:**

Girl - Boy - Girl - Boy

- **Thrower's shuttle** - All teams **will qualify** - coaches make sure your **entered athletes** were throwers at **this meet**.

Coaches – Please have your bus drivers drop athletes off in the bus lane on Draper Street, which is adjacent to the track. Advise your drivers to park on a residential street just east of the athletic complex. Our bus lane has to be completely open from 3:15 until 3:50 for our students' departure. Buses can park in the high school parking lot after that time. Thank you for your cooperation.

Best of luck with your season!

Julie Faylona
Girls Track Coach

Tom Leaver
Boys Track Coach

***See order of events below:**

ORDER OF EVENTS

4:00	BOYS POLE VAULT BOYS DISCUS BOYS TRIPLE JUMP	GIRLS HIGH JUMP GIRLS SHOT PUT GIRLS LONG JUMP
4:30	3200 RELAY - GIRLS	
4:45	3200 RELAY - BOYS	
4:55	100 METER DASH - GIRLS	
5:00	100 METER DASH - BOYS	
5:05	HIGH HURDLE SHUTTLE - GIRLS	
5:15	HIGH HURDLE SHUTTLE - BOYS	
5:30	800 RELAY - GIRLS	
5:40	800 RELAY - BOYS	
5:50	DISTANCE MEDLEY RELAY - GIRLS	
6:10	DISTANCE MEDLEY RELAY - BOYS	
6:30	SPRINT MEDLEY RELAY - GIRLS	
6:40	SPRINT MEDLEY RELAY - BOYS	
6:50	400 RELAY - GIRLS	
6:55	400 RELAY - BOYS	
7:00	400 RELAY - <u>co-ed mixed</u> (freshmen/sophomore)	
7:05	3200 METER RUN - GIRLS AND BOYS	
7:20	*SPECIAL PRESENTATION*	
7:40	THROWER'S SHUTTLE - GIRLS	
7:50	THROWER'S SHUTTLE - BOYS	
8:00	1600 RELAY - GIRLS	
8:05	1600 RELAY - BOYS	