

MARSHFIELD HIGH SCHOOL GIRLS TRACK

HEAD COACH: **Ali Luedtke**
E-Mail: luedtkea@marshfieldschools.org

Wisconsin Valley Conference JV Girls Indoor Track Meet Marshfield Fieldhouse, Thursday, April 16, 2026

Wisconsin Valley Conference Rules:

Teams may have unlimited entries in each event. If an athlete participated in one event at WVC Indoor Conference Meet, she may participate in up to three WVC JV Indoor Conference events, but not in the same event as the WVC varsity meet on Tuesday at UW-SP. If an athlete participated in three or more events at the WVC Indoor Meet on Tuesday at UW-SP, she is NOT eligible to participate in the WVC JV Girls Indoor Meet in Marshfield.

** Please do not arrive at the school before 3:30 to alleviate traffic congestion.

** Coaches Meeting at 4:00 pm by the coach's room. Snacks will be provided!

- NO SPIKES
- 4 Lane Track, 160 yards
- Our Indoor Track is 11 laps per mile.
- Medals for Top Three in each event and relays

All Field Events will start @ 4:30 pm

Shot Put (4 throws) in Main Gym (No Finals) - we may throw 2x/measure 1

*Long Jump (3 jumps) in North Gym (No Finals)

Runway is 83' long from the 3' board (we also have 8' & 12' boards)

4:30 - 6:00 (Warmups from 4:00 until 4:30) - we will flight the LJ

*Triple Jump (3 jumps) in North Gym (No Finals)

Runway is 66' long from the 20' board (we also have 24', 28' & 32')

6:15 - 7:45 (Warmups from 6:00 until 6:15)

**Extra 10'-15' can added if athlete starts in the equipment storage area (it's like a closet)

High Jump (start at 3-06) in North Gym

Pole Vault (start at 5-06) in Main Gym

** Medals will be given to the top three in each event and relays. Final results will be posted on-line.

** Concessions will be available at the meet in commons area. Proceeds from concessions go to Marshfield Girls Track Club.

** We will have complimentary snacks and drinks for all coaches/workers in the lounge just west of kitchen area.

**Scratch and/or replace will be available upon arrival at the scorers table. Replacements/additions will not be reseeded.

**Heat Sheets will be available at the scorers table for each team after the Coach's Meeting.

MARSHFIELD HIGH SCHOOL GIRLS TRACK

HEAD COACH: Ali Luedtke

E-Mail: luedtkea@marshfieldschools.org

On-Line Entries are Due by **Wednesday, April 15th at 5pm** You must register all your entries for this meet on-line using <https://wi.milesplit.com/>.

PLEASE SEED your athletes - this helps give all our athletes their best competition.

We will post results after the meet has concluded as results should be on-line by the time you arrive home.

Try to be as realistic as possible with your estimates.

For example, 8 Lap Relay Team winner at 2022 WVC JV ran **3:19.09 (Mfld JV)**

For example, 4 Lap Relay Team winner at 2022 WVC JV ran **1:30.80 (Mfld JV)**

Remember, don't wait until Wednesday to work on your entries!

Running Events to begin at 4:45pm

Two Mile Relay (22 Laps) @ 4:45pm

60 High Hurdles

60 Dash

Mile Run - 11 Laps

8 Lap Relay (320 Yards each)

440 - 2 $\frac{3}{4}$ laps

4 Lap Relay (160 Yards Per Lap)

880 - 5 $\frac{1}{2}$ laps

220 - 1 $\frac{1}{4}$ laps

(IF NEEDED)--10 minute break--

Mile Relay -11 Laps

Field Events to begin at 4:30 pm

Pole Vault (Start at 5-06) in Main Gym

High Jump (Start at 3-06) in North Gym

Shot Put (4 Attempts) in Main Gym

#1 Long Jump (3 Attempts) in North Gym

#2 Triple Jump (3 Attempts) in North Gym

No Finals in Field Events

Results will be on-line by the time you get home!