

Viroqua Middle School Track Meet
Monday, April 8, 2019

Schools Competing: Brookwood, Cashton, De Soto, Kickapoo, North Crawford, Providence Academy, Royall, Seneca, Viroqua, Weston

General Information: **Start time: 4:15 Field Events – 4:30 Running**

1. An individual may compete in a maximum of THREE (3) events.
Ex: 1 running and 2 field OR 2 running and 1 field
2. Online entries will be used by going to Prime Time Timing:

www.pttiming.com

Entries due by Friday, April 5, Noon

PT Timing will charge a \$150.00 late fee if you don't make the entry deadline!

3. **Field & Running Events: Unlimited entries per individual and relays!**
4. Concession stand will be open.

Viroqua has a SEAL-FLEX track.
1/8 Pyramid spikes ONLY on track and runways!

Field Events:

Shot Put – Girls, followed by Boys
Discus – Boys, followed by Girls
High Jump – Girls first (3-10), then Boys (4-2)
Long Jump – 2 pits – South pit
Triple Jump – Boys & Girls combined, North pit
Pole Vault – Boys first, then Girls (Opening height will be determined)

NOTE: Field events will be run cafeteria style. Three (3) jumps/throws. Athletes will have a time limit to complete jumps or throws. High jump to completion with girls competing first!

Running Events:

100m Hurdles (30") – 10 hurdles
100m Dash
1600 m Run
800m Relay
400m Dash
400m Relay
800m Run
200m Dash
1600m Relay

Additional Meet Information

1. Upon your arrival on Monday, please proceed to the press box area to make any scratches and/or replacement.
2. Please make sure your athletes are using 1/8" pyramid spikes ONLY!
3. I would ask that coaches help out with exchange zones. Let me know if you can help out with this when you arrive, and I will assign you to a zone.
4. Please make sure that you have a legal shot put (4.0kg/8.81 lbs).
5. Results should be available shortly after the meet. I will email the next day if you don't want to wait.
6. No tape on the track! CHALK ONLY! Chalk will be provided.
7. If weather is an issue that day, a decision will be made by 2:00PM. My cell phone number is 606-4977 if you need to reach me during the school day.
8. If you do not have an account with pttiming, please set one up ASAP. Those of you that already have an account can update your roster at any time.

Thank you,
Eric Anderson, Athletic Director