

# DARLINGTON HIGH SCHOOL

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MITCHELL AUSTIN, PRINCIPAL

Thomas Uppena  
High School Counselor

Lindsey Crist  
Activities Director

## **Darlington Invitational Track Meet Monday, April 28, 2025 – 4:00 PM**

**Schools Participating:** Albany, Benton/Scales Mound/Shullsburg, Black Hawk, Platteville, Southwestern, Argyle/Pecatonica

The purpose of this meet is to allow as many individuals as possible from each school to compete, rather than a team-oriented meet. The following guidelines will be followed.

- 1) The regular WIAA events, order of events, and rules for competition will be used, except in the number of entrants from each school. Each school can enter as many people in each individual event as they wish, but due to time, **please use good judgment for lane races and field events**. Each school can enter more than one relay team from their school.
- 2) Entries will be done online through [milesplit.com](http://milesplit.com). You can go to that website directly or go through our timing website [accuracetime.com](http://accuracetime.com). We must have times and distances for all athletes in all events. Entries are due by Sunday, April 27th at 12:00 PM
- 3) Competitors will use the gates at the **north (scoreboard) end** of the track to report to the Clerk of Course and to get to the throwing areas.
- 4) **Only Competitors and officials** are allowed inside the fence after the meet starts.
- 5) All running events will be finals only.
- 6) The meet will start at **4:00 PM** with the field events and 4x800.
- 7) **Boys** will go first in the discus and pole vault. **Girls** will go first in the shot put and high jump. The long jump and triple jump will be open pits for the boys and girls from 4:00 to 6:00. The long jumpers use the **east** runway and the triple jumpers use the **west** runway. Due to the number of anticipated jumpers in the long and triple jump, jumpers will get **three jumps and no finals**. Shot put and discus will have **three throws and no finals**.
- 8) Starting height for the high jump is: **Boys-4'10" and Girls-3'10"**. The starting height for the pole vault is **Boys-7'0" and Girls-6'0"**
- 9) **Entry fee is \$150 per school. Please make checks payable to Darlington High School % Lindsey Crist**

**Questions: Call 608-776-4001(School) or email:**  
Kent Mieke, Track Coach, Darlington High School  
[miehek@darlington.k12.wi.us](mailto:miehek@darlington.k12.wi.us)

Lindsey Crist, Darlington Athletic Director  
[crisl@darlington.k12.wi.us](mailto:crisl@darlington.k12.wi.us)

# Order of Events

4:00 PM: Boys Discus followed by Girls Discus  
Girls Shot Put followed by Boys Shot Put  
Boys Pole Vault followed by Girls Pole Vault  
Girls High Jump followed by Boys High Jump  
Open Pit for Boys and Girls in Long Jump (4:00-6:00 PM)  
Open Pit for Boys and Girls in Triple Jump (4:00-6:00 PM)

4:00 PM: 4x800 Meter Relay (Girls)  
4x800 Meter Relay (Boys)  
100 Meter High Hurdles (Girls)  
110 Meter High Hurdles (Boys)  
100 Meter Dash (Girls)  
100 Meter Dash (Boys)  
1600 Meter Run (Girls)  
1600 Meter Run (Boys)  
4x200 Meter Relay (Girls)  
4x200 Meter Relay (Boys)  
400 Meter Dash (Girls)  
400 Meter Dash (Boys)  
4x100 Meter Relay (Girls)  
4x100 Meter Relay (Boys)  
300 Meter Low Hurdles (Girls)  
300 Meter Intermediate Hurdles (Boys)  
800 Meter Run (Girls)  
800 Meter Run (Boys)  
200 Meter Dash (Girls)  
200 Meter Dash (Boys)  
3200 Meter Run (Girls)  
3200 Meter Run (Boys)  
1600 Meter Relay (Girls)  
1600 Meter Relay (Boys)