

LANCASTER FLYING ARROWS

806 East Elm Street
Lancaster, Wisconsin 53813
Brett Rollins, Activities Director
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To: Coaches and Athletic Directors
Re: Lancaster High School Track & Field Invitational
Date: April 10th, 2025

We look forward to having your team participate in the Lancaster Track & Field Invitational on Thursday, April 10th.

Entry Fee: \$175 - Either send the check with your coach or mail to:

Lancaster High School
ATTN: Brett Rollins
806 E Elm Street
Lancaster, WI 53813

Participating Teams: Argyle, Belmont, Benton/Scales Mound/Shullsburg, Boscobel, Cuba City, Darlington, DeSoto, Dodgeville/Mineral Point, Fennimore, Iowa-Grant, Lancaster, Platteville, Prairie du Chien, Richland Center, River Ridge, River Valley, Viroqua, Wauzeka-Steuben, Westby

Entries will be entered through <http://www accuracetimeing.com/>

Entries are due Wednesday, April 9th at NOON.

Admission: Adults: \$5 Students: \$5 5 and under free

Events: Standard WIAA meet. WIAA participation limits apply. Each school is allowed 28 individual events, Max 3 per event, and 1 relay team in each relay race.

Pyramid 1/4 spikes allowed.

100/110 Hurdles and 100 Meters will have trials.

Coaches/Scratch Meeting: Press Box - **3:30 PM.**

Jury of Appeals:

Brett Rollins (meet manager), Tim Lee, Knight Wynn, head coaches from Fennimore and Lancaster

Awards: Team plaques Girls/Boys winner and runner-up, medals 1-2-3 individuals.

Scoring: All events will be 10-8-6-5-4-3-2-1 for 8 places.

Exchange Zones:

4x100 – #1 Boscobel, Cuba City, Lancaster; #2 Darlington, DeSoto, Westby;
#3 River Ridge, Fennimore, Dodgeville/Mineral Point

4x200 – #1/3 Richland Center, River Valley, Viroqua; #2 River Ridge, Belmont, Platteville

Shot Put/Discus: 3 flights, 10 min. warm-up - 3 throws **NO FINALS**
Scratch lines - measure first legal throw.
Boys/Girls shot - 35'/25' Boys/Girls discus - 100'/80'

Long Jump and Triple Jump: Flights with 3 trials, **qualify 9 to finals.**

Pole Vault: Will begin at 6' for girls and 8' for boys
The first and second increments will be 1' and 6" after

High Jump: Girls 4' Boys 5'

Concessions: Will be available - located under the press box

Bathrooms: Located behind the press box

Trainer: Will be on-site

AWARDS: Will be handed out in the press box

RESULTS: Will be posted at <http://www accuracetimeing.com/>

Order of Events

4:00 FIELD EVENTS

DISCUS – Boys/Girls	3 Throws NO FINALS
SHOT PUT – Girls/Boys	3 Throws NO FINALS
LONG JUMP - Girls / Boys	3 Jumps Then Finals (Open Pit 1 ½ Hours)
TRIPLE JUMP - Boys / Girls	3 Jumps Then Finals (Open Pit 1 ½ Hours)
POLE VAULT – Boys/Girls	Starting Height 8'6' Ft
HIGH JUMP –Girls/Boys	Starting Height 4'5' Ft

4:30 RUNNING EVENTS

Wheelchair Athletes will compete between girls and boys Finals in their entered events

4x800 Relay Girls / Boys

100M Dash Trials Girls / Boys

100/110M High Hurdles Trials

-----BREAK-----

110/100M High Hurdles Finals

100M Finals 100 Girls / Boys

1600M Girls / Boys

4 X 200M Relay Girls / Boys

400M Girls / Boys

4 X 100M Relay Girls / Boys

300M Hurdles Girls

300M Hurdles Boys

800M Girls / Boys

200M Girls / Boys

3200M Girls / Boys

4 X 400M Relay Girls / Boys