

## Marawood Conference Indoor Track & Field Invitational



## Monday, April 7th, 2025 UW-Stevens Point Multi-Activity Center

**ENTRIES:** Each team is allowed a total of *30 individual entries with a maximum of 3 entries per event*. Teams are also allowed JV entries in the Shot Put only that will not count towards their 30 entries. Each team is limited to *1 VARSITY and 1 JV entry per relay event*. Coaches will use MILESPLIT for entries. The entry deadline is Sunday, April 6th by Noon. WIAA rules apply to athlete event limitations.

**CHANGES:** Teams may make scratches and replacements only (no additions) upon arrival prior to 3:00 p.m. Replacements will not be reseeded. Only scratches will be allowed after 3:00 p.m.

**TRACK:** All races will be FAT timed with the Finish Lynx System which includes an electronic scoreboard. The track is a 200m unbanked Martin Surface. Pyramid spikes no larger than ½" may be used.

**FIELD EVENTS:** Preliminaries and finals will be held in the varsity shot put. Trials will be in flights with the top 9 finishers in the prelims advancing to finals. JV Shot Put will also be held with 3 throws, no finals. Two rings will be used for the shot put, which will be run simultaneously (Varsity: Ring 1, JV: Ring 2). Spikes are able to be used in the LJ, TJ, HJ and PV. The first LJ board is at 8', and the first TJ board is at 28'. There will be 4 jumps, no finals in the Long and Triple jump.

Starting heights for the pole vault and high jump will be determined at the coaches meeting. Please bring a copy of your updated pole vault verification form to the event judge upon arrival.

Check out time for field events is 10 minutes. Please be proactive when having field event athletes check out from an event.

**COACHES MEETING:** Will begin at 3:00 p.m. near the finish line. Field events will begin at 3:30 with the 4x8 Relay starting shortly after at 3:35.

AWARDS: Individual and Relay Medals 1st-3rd Place in each event.

**TRAINER:** Schools may provide their own.

**SITE INFO:** Team camps must be set up <u>OUTSIDE</u> of the MAC, in the hallways or lobby. Concessions will be available but no food or drink is allowed in the MAC!

**RESULTS:** Results will be available throughout the meet. Final results will be posted on Milesplit following the conclusion of the meet. Live results will be available on <a href="https://www.accuracetiming.com">www.accuracetiming.com</a>

**MEET MANAGEMENT:** Meet Manager: Brett Witt

Officials: Dale Emrick, Mike Kuss

Jury of Appeals: Per WIAA Rules needs to be established

prior to the meet and will include...

Meet Manager 2 Starters

1 Boys Head Coach: TBD @ Meet 1 Girls Head Coach: TBD @ Meet

**ENTRY FEE = \$275 per school** Payable to... UW-Stevens Point Track & Field

2050 4th Avenue

Stevens Point, WI 54481

## Time Schedule / Order of Events

3:00 Coaches Meeting

**3:30** Girls Long Jump (Boys to follow)

Boys Triple Jump (Girls to follow)

Girls High Jump (Boys to follow)

Boys Pole Vault (Girls to follow)

Girls Shot Put (Boys to follow)

**3:35** 4x800m Relay

60m Hurdle Trials

60m Dash Trials

15 min break

60m Hurdle Finals (boys first)

60m Dash Finals

1600m Run

4x200m Relay

400m Dash

800m Run

200m Dash

3200m Run

4x400m Relay

- Wheelchair events in the 60m, 400m, 1600m and Shot Put may be contested if entries exist.
- There is no set time schedule. The running events will continue with no breaks.
- Running events will be girls first, boys to follow.
- Check in will be near the start of the 60m dash.