



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 ¼" 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 OUTSIDE of the MAC, in the hallways or lobby. Concessions will be available but no food or drink is allowed in the MAC!

