



Quad Track Meet at Mount Horeb

Tuesday, April 29, 2025

TEAMS COMPETING

Beaver Dam, Fort Atkinson, McFarland, Mount Horeb

Thanks for joining us for the Mount Horeb Badger Conference Quad. The stadium opens to visiting teams at 2:45 p.m. The coaches' meeting is at 4:00 p.m. at the start/finish line. Field events begin at 4:15 p.m. Running events begin at 4:30 p.m.

NOTE

Mount Horeb will be honoring its senior team members on the infield at 4:05 p.m.

ENTRIES

Submit entries through MileSplit by 8:00 p.m. on Monday, April 28

INDIVIDUAL EVENTS

Each team is allowed unlimited entries for individual and relay events.

FIELD EVENTS

If an athlete has been called to participate in another event, the athlete must personally check out with the field event judge. Excused competitors have a maximum of 15 minutes from the time they are called up in order until they must make themselves available for their next trial.

LONG JUMP AND TRIPLE JUMP

The long jump and triple jump are run as a ~75-minute open pit. Each jumper gets four attempts. A jumper may not take two jumps in a row. They must return to the end of the line.

Jumpers should put their marks down for their starting spot on the side of the runway.

At the completion of one gender, the other gender is allowed 30 minutes to warm up.

HIGH JUMP AND POLE VAULT

Starting heights will be determined by seeds and included in the heat sheets. Meet management sets the pole vault standards.

SHOT PUT AND DISCUS

The shot put and discus are run in flights with no finals. Each thrower gets three attempts taken in a 1-1-1 format. There will be 10-15 minutes of warm-up time between flights.

Weigh-ins will take place from 3:30 - 4:00 p.m. in the shed on the southeast side of the stadium.

HEAT SHEETS & CHANGES

Heat sheets will be sent out via email. Scratches and changes can be taken care of at the coaches meeting, but please keep changes to a minimum. No reseeding of heats will occur.

SHOES

Pyramid spikes of up to ¼ inch length are allowed on the track. The shot and discus pads are cement.

TEAM AREA

The team area is outside of the track, but not on the bleachers. Please ask your athletes to keep the team areas clean during and after the meet. Concessions will be available throughout the meet. There is no admission fee.

RESTRICTED AREA

The infield area should be limited to athletes who are warming up for or traveling to their events.

CLERK

The Clerk of Course will be located near the starting line for the 100 meters for each event except the 200 meter dash and 300 meter hurdles which will be clerked near the starting lines of those events. Please have all of your runners report to the clerk for their races. The events will be verbally called.

If you have any questions, please feel free to contact me.

Dave Chancellor

Track and Field Head Coach

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OFFICIALS

TBD

TIME SCHEDULE

2:45 Stadium opens

4:00 Coaches meeting and emergency action plan at start/finish line

4:05 Mount Horeb Senior Night Presentation

4:15 **Field Events Begin**

Discus Boys / Girls

High Jump Girls / Boys

Long Jump Girls / Boys

Pole Vault Boys / Girls

Shot Put Girls / Boys

Triple Jump Boys / Girls

4:30 **Running Events Begin** Girls / Boys

3200 Meter Relay (genders may be run together)

100 / 110 Meter Hurdles

100 Meter Dash

1600 Meter Run

800 Meter Relay

400 Meter Dash

400 Meter Relay

300 Meter Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run (genders may be run together)

1600 Meter Relay

SCORING Scoring for individual events is 6-4-3-2-1. Scoring for relay events is 6-4-2.

AWARDS No awards will be given.

RESULTS Results will be available at <https://www accuracetimeing.com/info>