

Monroe Track & Field Double Dual Meet



Date: Tuesday, April 8th 2025

Time: Field Events @ 4:30, Running Events @ 4:45

Teams (3): Monroe vs Delavan-Darien, Monroe vs. Jefferson, Jefferson vs Delavan-Darien

Cost: No cost for conference dual meets

Location: Monroe High School, Outdoor Track & Field Facilities

Exchange help: 4 x 100 1st - exchange D-D. 2nd - exchange - Jefferson. 3rd exchange - Monroe
4 x 200 1st & 3rd exchange - all 3 schools. 2nd exchange - officials

Limits: 3 varsity individual entries per event, 1 varsity relay team per event. Unlimited JV entries.

Schedule of Events: Event order: Varsity Girls, JV Girls, Varsity Boys, JV Boys

4:45	4x8 Relay	4:30	Girls Long Jump (boys to follow) ***
	High Hurdles		Boys Triple Jump (girls to follow) ***
	100 Dash		Boys Pole Vault (girls to follow)
	1600 Run		Girls High Jump (boys to follow)
	4x2 Relay		Girls Shot Put (boys to follow)
	400 Dash		Boys Discus (girls to follow)
	4x1 Relay		
	300 Hurdles		
	800 Run		*** Events may be combined JV/VAR & B/G
	200 Dash		*** Track events will be on a rolling schedule.
	3200 Run		*** All track events are TIMED FINALS
	4x4 Relay		

Field Events: Long & Triple Jump – 1.5 hour open pit; 4 jumps, no finals

High Jump – 2” increments

Starting heights... Girls – 3’10 Boys – 4’10

Pole Vault –6” increment

Starting heights... Girls – 6’0 Boys 7’6

Shot & Disc – 4 throws, no finals

Coaches Meeting: 4:00 at the finish line

Scoring: 5 - 3 - 1 for individual events and 5-0 for relay within each dual competition.

Entries: *Entries will be through MileSplit at wi.milesplit.com with a deadline set for **8 p.m. on Monday, April 7th**. If you have questions logging in, contact Clark Jillson, AccuRace Timing at chvjillson@aol.com or 608-778-1727. Accuracetiming has meet information on it as well*