

TURF and Athletic Complex Rules

Molded cleats or other athletic shoes **ONLY ON THE TURF.**

Please **NO** metal cleats or spikes on the TURF. Quarter inch metal, pyramid spikes **are** allowed on the track.

Please clean as much dirt off as possible with the cleat cleaners before entering the field area.

NO tape on the track. Please use chalk, tennis balls or some other means of marking exchange zones.

NO food, gum, candy or seeds.

NO sports drinks or liquids other than water.

NO sharp objects, including chairs, tents, canopies, stakes, corner flags, or other objects that can penetrate the turf.

NO glass bottles or containers.

NO Tobacco products

NO pets

NO bicycles, scooters, roller blades, skateboards or unapproved vehicles

THANK YOU!

River Valley Middle School Track Meet

Thursday, May 1st 2025

Dear Coaches,

This year's River Valley Middle School Track Meet will be held on **Thursday, May 1st**. We please ask that you remind your athletes to **stay off the turf as much as possible**. We understand there is a time and place to run across, but please limit warm ups and such to the track and/or turf closest to the Softball field.

Teams

- Barneveld, Boscobel, Ithaca, Lodi, Mineral Point, North Crawford, Richland Center, Riverdale, St. Francis Xavier and River Valley.
- Cost is \$100.00 / school

Entries

- 7th & 8th grade will run and be scored together.
- Maximum of 3 events per athlete, may not be all field or all running.
- Maximum of 3 entries per event. (except for relays).
- Maximum of 2 teams in *relays* (highest placed scored).

Deadline

- **Wednesday, April 30th at 12:00pm**
- Entries can be made at <https://www.athletic.net/TrackAndField/MS/>

Other

- Officials: Erik Anderson and Tim Lee
- Coaches Meeting at **3:45pm** at the Equipment Storage Shed
- 1/4" spikes allowed.
- Concessions will be available.
- Admission Fee: \$5 for both children and adults (students are free)

Order of Events

Field Events – 4:00 pm

Discus (girls/boys)

Shot Put (boys/girls)

Long Jump (cafeteria) – 4:00 to 6:30pm

Triple Jump (cafeteria) – 4:00 to 6:30pm

High Jump (cafeteria) – 3'10" start Ht.

Pole Vault (cafeteria) – 5'6" start Ht.

- 3 jumps/throws, no finals.
- Boys and girls will throw 4 kg (8 lb, 13 oz) shot put

Running Events - 4:15 pm

100 m Hurdles

Sprint Medley (100, 100, 200, 400)

100 m Dash

1600 m Run

4 x 200 m Relay

400 m Dash

4 x 100 m Relay

800 m Run

200 M Dash

4 x 400 M Relay

Questions?

Please contact Anne Howe at ahowe@rvschools.org or (608) 588-2556.