



## GENERAL INFORMATION

### SUGAR RIVER INVITATIONAL April 8, 2025



The following boys and girls teams will be participating in this year: **Abundant Life Christian, Albany, Argyle, Black Hawk, Monticello, Wisconsin School For The Deaf, Sugar River, Wisconsin Heights**

1. **ENTRIES:** Entries will be through MileSplit at [wi.milesplit.com](http://wi.milesplit.com) ... The deadline for entries is 12 PM (noon) on Monday, April 7th. AccuRace will be timing the meet.  
  
Teams are allowed 3 entries for Varsity and unlimited JV entries. Teams will be allowed to enter 1 varsity relay and a maximum of 2 JV relays. Wisconsin high school rules apply to the number of events an individual athlete competes in.
2. **CHANGES AND SCRATCHES:** With the late entry deadline, only scratches will be allowed the day of the meet.
3. **CONCESSIONS:** There will be full concessions.
4. **TRACK SURFACE:** The track is a sprint track. We can use 1/4" needle spikes or the round based Phillips spikes. Shot and Discus rings are concrete.
5. **WEATHER:** The ONLY thing that will prevent this meet from taking place is lightning , and we will try to wait that out.
6. **SHOT/DISCUS:** Athletes will get 4 attempts, no finals. Athletes' throws will be marked with a flag, with the furthest throw being recorded.
7. **Long Jump/Triple Jump:** Athletes will be given 4 jumps, no finals.
8. **ATHLETES:** Please keep all non-competing athletes off the infield. Athletes should report to the clerk for heat/lane assignments as well as race instructions. The officials will not be giving instruction; they will just be starting the race.
9. **ENTRY FEES:** \$100 this covers both boys and girls Please send entry fee in advance or bring it the day of meet.

10. STARTING TIMES:

**4:15 PM** Field Events (Girls LJ, HJ, SP and Boys Disc, TJ, PV)

**4:45 PM** 4 X 800 Relay (Girls first)

11. GAMES COMMITTEE: Belleville, Albany, Black Hawk (Alt. Argyle)

**If you have any questions email Dennis Haak - Head coach -  
[dennis.haak@ngsd.k12.wi.us](mailto:dennis.haak@ngsd.k12.wi.us)**

**Additional Contact - Zack Nelson - Athletic Director -  
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