



Southwestern Track & Field

Southwestern Middle School Track & Field Meet

Friday, April 11, 2025

Southwestern High School Track & Field Complex

Participating Teams

- Belmont, East Dubuque, Scales Mound, Shullsburg, & Southwestern

Entries

- Maximum of 4 entries per event
- All entries must be done using the Athletic.net website – <https://www.athletic.net>
- Entries must be received by **12:00 PM on Thursday, April 10th**
- Questions related to online entries should be directed to Clark Jillson at AccuRace Timing, chvjillson@aol.com

Entry Fee

- No fee for this event

Parking, Team/Spectator Entry, & Spectator Areas

- Team bus parking: See attached map for bus parking areas.
- Spectator parking: Spectators may park in any available spaces in the elementary or high school parking lots or on nearby side streets.
- Facility entrance: All athletes and coaches should be dropped off and enter the track facility at the SW corner, near the white shed of the high school. Spectators should enter the facility at the main entrance gate, located at the northeast corner of the track (near the elementary playground).
- For athlete and fan safety, spectators will **NOT** be allowed inside of competition areas. Please remain behind fences/ropes.

Team Camps & Warm-Up Areas

- Team camps can be set up on the west hillside, between the track and the HS parking lot (see map).
- Athletes and fans are not allowed on the infield.
- Warm-ups may be done on the back stretch.

Football Turf & Track Surface Rules

- Only regulation track shoes/spikes and tennis shoes are allowed on the track or field turf areas.
- No tape on the rubberized surface areas. Please use chalk.
- Shot put, discus, & pole vault practice on the synthetic turf areas are strictly forbidden.
- No food, candy, or beverages (except water), including soft drinks, sports drinks, sunflower seeds, gum, or other foreign food substances are permitted on the artificial field or track.
- Chairs, tables, canopies, tent stakes, flags, or any other potentially damaging objects may not be placed on any part of the artificial turf or track without permission from SWSD maintenance/administration prior to the event.
- Equipment to be transported across the field turf or track surface must be carried or transported on a cart with tires that will not dent, puncture, or otherwise damage these surfaces.
- **Any damage to the field or track caused by failing to follow regulations will result in a fine to cover the cost of cleaning and/or repair to restore the facility to its prior condition.**

Event Information

- The meet will be organized into a boys division and a girls division.
- Each participant may enter up to three events, with a combination of two field and one running, or two running and one field.
- Scratches & Changes – For running and field events, the changes can be made at the white shed at 3:30.

High Jump

- Starting Heights: 7th & 8th Girls – 3'8". 7th & 8th Boys – 4'0"
- The bar will be moved up 2" at a time until there are three competitors left. Then, the bar will be moved up 1" at a time. Each competitor will be allowed three attempts at each height if needed.

Shot Put & Discus

- Three attempts will be allowed for each competitor. All three attempts must be taken consecutively. Poly-spots will be used to mark throws; longest will be recorded to expedite the process.

Running Events

- All events will be **finals**, so inform your athletes that they are running for times.
- All runners should report with the clerk on the south end of the track. ALL ATHLETES NEED TO BE SURE THEY ARE ON TIME!

Schedule of Events

3:30 Coaches' meeting in the white shed (SW corner of the track)

4:00 Field Events Begin – Make all scratches at the event
Discus – Girls open pit / Boys open pit (90-minutes)
Shot Put – Boys open pit / Girls open pit (90-minutes)
Long Jump – 2 pits - open pit (90-minutes)
High Jump – 2 pits (90-minutes)

4:30 Running Events Begin – All Events are Finals

ORDER – 7th & 8th Girls, 7th & 8th Boys

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|-----------------------|------------------------------------|
| 1. 100m Hurdles | 6. 400m Relay (4x100) |
| 2. 100m Dash | 7. 800m Run |
| 3. 1600m Run | 8. 200m Dash |
| 4. 800m Relay (4x200) | 9. Sprint Medley (100x100x200x400) |
| 5. 400m Dash | |

Runners will be allowed to warm-up on the track until the meet begins. However, we ask that the participants stay off of the football field during the meet.



Results

- Results will **NOT** be printed. Please visit www accuracetimeing.com for all results after the meet.

Questions

Questions can be directed to:

Southwestern MS Track Coach – Stephanie Elmquist
elmquists@swsd.k12.wi.us
608.306.2907

Southwestern MS Athletic Director – Al Minter
mintera@swsd.k12.wi.us
815.541.5744

