

UW-Platteville/Stevens Point/Eau Claire Triangular
Saturday, January 25th, 2025
Williams Fieldhouse

- Entry Fee: Entry fee is \$225.00 per team (\$450.00 combined men and women).
Please make check payable to: UW-PLATTEVILLE TRACK AND FIELD.
The ability to pay with a credit card when finalizing entries will be available. A fee will be added by DirectAthletes for this service. Unattached athletes may enter meet only with permission from meet management. Entry fee is \$20.
- Entry Deadline: Direct Athletics will be handling online entries. Online entries will open on **Thursday, January 9th** and close on **Thursday, January 23rd at Noon**. For questions related to online entries please e-mail Clark at chvjillson@aol.com
- Performance: Please submit realistic indoor times for all track entries. Speculative times will be accepted, with all entries without times put into the slower heats. Please use metric measurements in all field events. The meet will be scored.
- Facility: The meet will take place in the Williams Fieldhouse at UW-Platteville. The track is 6 lanes (8 lanes on the straight) with a Rekortan surface. Quarter inch spikes are allowed on the running surface. The infield surface is spike proof with ¼ spikes allowed on the high jump surface.

Please take spikes off before leaving the lower track and field area.
- Locker Rooms: Locker rooms and showers are located one flight above the track level in the men and women's general locker room. Please provide your own locks and towels. No items should be left unattended in the locker rooms.
- Training Room: The training room is located on the same level as the indoor track exiting through the southwest doors. A certified trainer will be available throughout the entire event.
- Schedule: Throwing events begin at 12:00pm. Running events begin at 12:30 pm and will follow the set time schedule posted.
- Qualifying: Heat winners and the next fastest times will advance to fill the 8-lane finals in the 60M hurdles and dashes.
- Long/Triple Jump: Preliminary flights with the best nine jumpers advancing to finals. For the triple jump distances from the track surface takeoff boards are 24, 28, 32, 36 and 40 ft. If field size dictates, we will run men's and women's long jump simultaneously on two pits starting at 12:00.
- Pole Vault: Runway is a rollout surface with quarter inch spikes allowed.
- Shot/Weight Circle is plywood. Preliminary flights with the best nine throwers advancing to finals. Upon completion of the women's high jump, another throwing ring will be put into place for the men's shot put competition if needed to complete event in a timely fashion.
- Coaches Meeting: Coaches are asked to stop by the start/finish line for payment of entry fees, scratches, and rules as soon as possible upon arrival.
- Results: Live results will be available at www accuracetiming.com. Results will also be posted at <https://letsgopioneers.com/sports/track/2024-25/schedule>.

- Bus Parking: Buses may drop off athletes/coaches in the circle drive area on the East side of the Williams Fieldhouse. Bus parking will be in Lot 6.
- Team Camps: We will utilize the racquetball courts for team camps
- Questions: If you have further questions or concerns, please contact James Akita at (630) 484-4864, email: akitaja@uwplatt.edu or Lexus Lovan at (608) 342-8164, email: lovanl@uwplatt.edu

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Saturday, January 25th, 2025
Schedule of Events**

Field Events

<u>Time</u>	<u>Event</u>
12:00	20lb Weight Throw – Women 35lb Weight Throw – Men Shot Put – Women (follows Men’s Weight Throw)
12:00	High Jump – Men High Jump – Women Shot Put – Men (follows Women’s High Jump)
12:00	Pole Vault – Women Pole Vault – Men
12:00	Long Jump- Women (South Runway)
12:00	Long Jump – Men (West Runway) Triple Jump – Men (Follows women’s Long Jump) Triple Jump – Women (Follows men’s Triple Jump)

Running Events – Fast sections first; We will stay on the time schedule produced before the meet

<u>Time</u>	<u>Event</u>
12:30pm	60 Meter Hurdle Trials – Women
12:40	60 Meter Hurdle Trials – Men
12:55	60 Meter Dash Trials – Women
1:10	60 Meter Dash Trials – Men
1:25	Mile Run – Women
1:45	Mile Run – Men
2:10	400 Meter Dash – Women
2:25	400 Meter Dash – Men
2:40	60 Meter Hurdle Finals – Women
2:45	60 Meter Hurdle Finals – Men
2:50	60 Meter Dash Finals – Women
2:55	60 Meter Dash Finals – Men
3:00	800 Meter Run – Women
3:10	800 Meter Run – Men
3:20	200 Meter Dash – Women
3:45	200 Meter Dash – Men
4:10	600 Meter Dash – Women
4:15	600 Meter Dash – Men
4:20	3000 Meter Run – Women
4:35	3000 Meter Run – Men
4:50	4x400 Meter Relay – Women
5:10pm	4x400 Meter Relay – Men