



## **Viroqua Blackhawk Track & Field Invitational Monday, May 12, 2025**

**Schools:** Bangor, Brookwood, Cashton, Hillsboro, Richland Center, Royall, Seneca, Viroqua, West Salem, Westby

### **Start Times:**

- Coaches Meeting at: 3:50 PM
- Field Events / 3200 Relay begin: **4:15 PM**
- Games Committee: Bangor, Brookwood, Westby

### **Entries:**

- Max. Three (3) individuals per event and one (1) relay team
- We will be using AccuRace Timing. Complete the online registration at [www.milesplit.com](http://www.milesplit.com).
- **Entries due by Sunday, May 11 at noon**
- There may be replacements, but NO additional entries, during the Coaches Meeting.

### **Events:**

- High jump: **Starting height will be determined by entries**
- Pole Vault: **Starting height will be determined by entries**
- Horizontal jumps: Each athlete gets 4 jumps. Open pit with No finals.
- Throws: There will be flights. Each athlete gets 4 throws. No finals.

### **Order of Field Events:**

- High Jump Girls followed by Boys
- Long Jump Open Pit: Girls (4:15-5:30) followed by Boys (6:00-7:15)
- Shot Put Girls followed by Boys
- Triple Jump Open Pit: Boys (4:15-5:30) followed by Girls (6:00-7:15)
- Discus Boys followed by Girls
- Pole Vault Boys followed by Girls

### **Other Info:**

- There will be a concession stand
- ONLY chalk allowed on the track - NO TAPE
- 1/4" pyramid spikes only PLEASE

**Scoring:** The meet will be scored and medals will be awarded for top 3 finishers

**Officials:** Eric Anderson, Todd Camlek, Tim Lee

**Parking:** Buses may drop off athletes at the stadium but will need to park elsewhere. Parking details to follow.

**ORDER OF RUNNING EVENTS**

4:15 –

Girls 4x800 Relay

Boys 4x800 Relay

Girls 100 Dash Trials

Boys 100 Dash Trials

Girls 100 Hurdle Trials

Boys 110 Hurdle Trials

**(15 Minute Break)**

Girls 100 Hurdle Finals

Boys 110 Hurdle Finals

Girls 100 Dash Finals

Boys 100 Dash Finals

Girls 1600 Run

Boys 1600 Run

Girls 4x200 Relay

Boys 4x200 Relay

Girls 400 Dash

Boys 400 Dash

Girls 4x100 Relay

Boys 4x100 Relay

Girls 300 Hurdles

Boys 300 Hurdles

Girls 800 Run

Boys 800 Run

Girls 200 Dash

Boys 200 Dash

Girls 3200 Run

Boys 3200 Run

Girls 4x400 Relay

Boys 4x400 Relay

Girls Throwers Relay (All runners must be entered in a throwing event)--Not timed

Boys Throwers Relay (All runners must be entered in a throwing event)--Not timed

**Questions:** Call Dan Brown, Viroqua High School Athletic Director – 608-606-1427