

Uff daTrack & Field Invitational

April 24, 2025

Host : Westby

Meet Schedule

Teams : Westby, Black River Falls, Mauston, Sparta, and Viroqua

3:30 Coaches meeting

4:00 Field Events Begin

High Jump - Girls Pole Vault - Boys

Shot Put - Girls Discus - Boys

Long & Triple Jump Boys & Girls (Open Pit from 4:00 to 6:00)

* Boys High Jump, Girls Pole Vault, Boys Shot Put, and Girls Discus will take place approx. 20 minutes following the completion of the first field events.

Jumps / Throws: 4 throws with no finals / 4 jumps with no finals

4:15 Running Events Begin (All running events are finals)

4 x 800 Relay

100 / 110m Hurdles

100m Dash

1600m Run

4 x 200 Relay

400m Dash

4 x 100 Relay

300m Hurdles

800m Run

200m Dash

Throwers 4 x 100 Relay

3200m Run

4 x 400 Relay

Clerk of Course: The meet clerk will be located at the 100 meter starting line. Athletes should check in with the clerk by the second call for their event.

Scoring: Non Scoring

Facility: 400m six lane Seal - Flex track with eight on the home stretch. **(one-fourth inch maximum spikes are allowed)**. Runways are Seal - Flex, shot and discus are concrete.

Entries: Teams are allowed to enter 4 athletes per open event and 1 relay team per relay event. All entries are due by 12:00 (noon) on Wednesday, April 23, 2025. All entries can be done online at accuracetime.com. No additions can be made the day of the meet.

Entry Fee: \$200 per school (\$100 for each gender), due on or before race day.

Awards: Medals to the top two individuals and relay teams.

Concessions: Concessions will be available.

Parking: Buses can park in the high school parking lot.

Team Camps: Please do not make team camps inside the track. Please clean up your camps upon the completion of the meet.

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