

2025 Westby Middle School Track & Field Meet

- DATE: Tuesday, April 15th, 2025
- SITE: Westby Area High School
- TEAMS: Logan, West Salem and Westby
- TIME: 3:45 pm Coaches meeting, scratches only, no additions.
4:00 pm Field events begin*
4:15 pm Running events, no trials.*
- ENTRIES: ***Be conscious of our 6 lane track; we want to get all events in before dark**
No limits on athletes per RUNNING and FIELD events.
Limit high jumpers to 3 boys and 3 girls per team
WIAA 4 event limit enforced (no more than 3 field or 3 running for one athlete)
Deadline to post entries is NOON on Monday, April 14th. The link to entries can be found at [Athletic.net](https://athletic.net)
- SCORING: 5-3-1, with relays scoring 5-3.
- EQUIPMENT: Blocks will be provided. ¼" spikes allowed on all-weather surface
- ADMISSION: None
- CONCESSIONS: No
- FIELD EVENTS: 3 Jumps, 3 Throws, no finals Long/Triple Jump
Long Jump First Cafeteria style
Triple Jump at the conclusion of Long Jump
Girls - High jump and shot put first
Boys - Discus first

ORDER OF EVENTS: *GIRLS- first*

100 meter low hurdles

100 meter run

1600 meter run

4 x 200 meter relay

400 meter dash

4 x 100 meter relay

200 meter hurdles

800 meter run

200 meter dash

4 x 400 meter relay

High Jump - starts at 3'6" for Girls and 4'0" for Boys

Long Jump - 3 Jumps

Triple Jump - 3 Jumps

Shot Put - 3 Puts

Discus - 3 Throws

QUESTIONS:

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