



2025 GRIT (Greater Richland Invitational Track) Meet **Monday, April 14, 2025**

Participating Teams: Adams-Friendship, Mauston, Platteville, Richland Center, Riverdale, and Viroqua

Entry Limits:

28 entries with no more than 3 per event and one relay team per school.

Entry Deadline:

Only online entries will be accepted through MileSplit at wi.milesplit.com. Online entries will close on 4/13/25 at noon. For questions related to online entries, please contact Clark Jillson at AccuRace Timing, chvjillson@aol.com

Start time: 4:30 pm - Field Events; 5:00 pm - Running events

Spectator Admission: Admission - \$5.00 (no charge for children under 6)

Scoring: 10-8-6-5-4-3-2-1

Entry Fee: \$180 for 1 boy and 1 girl team

Facility:

The track is 9 lanes --- The Track is Sealflex. **¼” pyramid spikes (prefer 1/8”) ONLY. No ribbed, needle or Christmas tree spikes allowed for the track, approaches, and runways. Flats only on pads.**

Richland Center High School address is 1996 US-14 Richland Center WI 53581

Bus Parking:

Buses must park in the bus parking --- Across from parking lot C near the high school. No buses in the stadium parking lot after the team is dropped off.



Coaches Meeting:

The coaches' meeting will take place on the track near the hip tag table.

High Jump:

Girls 1st-Boys 2nd

Opening height: Girls 4' and Boys 5'

Pole Vault:

Boys 1st-Girls 2nd

Opening Heights:

Girls 6'- 7'- 8'- 8'6"- 9'0"... Boys 8'- 9'- 10'- 10'6"- 11'0"..."

Pole Vault Verification Form:

All schools must supply a pole vault verification form at check-in. This form is located at the following website: http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf

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Long and Triple Jump

Girls' long jump followed by boys'.

Boys' triple followed by girls'.

OPEN PIT: TIME LIMIT TO BE DETERMINED BY ENTRIES ON THE DAY OF THE EVENT.

4 Jumps no Finals

Shot put and discus

OPEN PIT: TIME LIMIT TO BE DETERMINED ON THE DAY OF THE EVENT.

No Finals



Discus and Shot: The first throw will be marked. All throws after will be marked if thrown past the designated distance. Designated distance TBD at Coaches' meeting

Boys shot put followed by Girls'.

Girls Discus followed by Boys'

Running Events:

Check-in with the Clerk of Course near the start of the 100-dash line. Hip numbers are provided at the table near the start of the 100.

The jury of Appeals: Jerry Griffin and Jeff Ladwig, Mauston, Richland Center, and Viroqua

Finals:

Top 9 to finals in running (*Heat winner + next fastest times*).

Results:

Live, real-time results provided at www accuracetimeing.com/

Results will not be printed.

Exchange Zones:

4x100

- #1 Incoming Adams/Friendship - Outgoing Richland Center
- #2 Incoming Riverdale - Outgoing Mauston
- #3 Incoming Necedah - Outgoing Platteville

4x200

- #1 and #3 Incoming Riverdale; Outgoing Richland Center
- #2 Incoming Viroqua- Outgoing Adams Friendship

Athletic Trainer: Will be onsite. Ice will be provided for injuries to athletes.



Camp Areas:

Please keep your areas clean – supplied garbage bags for each school will be in your packets. Please make camps in the grassy area **outside** of the fence.

Restrooms and concessions:

Port-a-potties and concessions will be behind the stadium bleachers

Water availability:

Due to a structure fire, our concession building is closed. We will supply several Gatorade coolers of water where athletes can refill their water bottles. Teams wishing for Gatorade-style coolers of water will need to get it from the high school building. Please reach out to make arrangements to do this.

Questions:

If you have further questions or concerns, please call or email: Heidi Endres at endh@richland.k12.wi.us or 608-649-4483

OR

Laura Thaden, RC head track coach at 608-475-1770