

MARSHFIELD HIGH SCHOOL GIRLS TRACK

HEAD COACH: **Ali Luedtke**
E-Mail: luedtkea@marshfieldschools.org

Wisconsin Valley Conference JV Girls Indoor Track Meet Marshfield Fieldhouse, Thursday, April 13, 2023

Wisconsin Valley Conference Rules:

Teams may have unlimited entries in each event. If an athlete participated in one event at WVC Indoor Conference Meet, she may participate in up to three WVC JV Indoor Conference events, but not in the same event as the WVC varsity meet on Tuesday at UW-SP. If an athlete participated in three or more events at the WVC Indoor Meet on Tuesday at UW-SP, she is NOT eligible to participate in the WVC JV Girls Indoor Meet in Marshfield.

We are using Milesplit for seeding purposes, not for running the meet.

Please Do NOT arrive at the high school before 3:30 pm.
(Bus Transfer Area) and congestion in front of HS until 3:30 pm

Get team materials at scorer's table upon arrival

All Field Events will start @ 4:30 pm

Shot Put (4 throws) in Main Gym (No Finals)

*Long Jump (3 jumps) in North Gym (No Finals)

Runway is 83' long from the 3' board (we also have 8' & 12' boards)

4:30 - 6:00 (Warmups from 4:00 until 4:30)

*Triple Jump (3 jumps) in North Gym (No Finals)

Runway is 66' long from the 20' board (we also have 24', 28' & 32')

6:15 - 7:45 (Warmups from 6:00 until 6:15)

quip

**Extra 10'-15' can added if athlete starts in the equipment storage area
(it's like a closet)

High Jump (start at 3-06) in North Gym

Pole Vault (start at 5-06) in Main Gym

*Medals will be given to the top three in each event and relays. Team packets will be available at the conclusion of the meet. One copy of final results for each team and results will be posted on-line.

Marshfield High School Track is 11 laps per mile.

Concessions will be available at the meet in commons area. Proceeds from concessions go to Marshfield Girls Track Club.

We will have complimentary snacks and drinks for all coaches/workers in the lounge just west of kitchen area (Commons).

Scratch and/or replace will be available upon arrival at the scorers table. Replacements/additions will not be reseeded. You may add a limited amount of entrants at the scorers table. Try to limit this as much as possible. Make all changes at the scorers table upon arrival.

Heat Sheets will be available at the scorers table for each team.

MARSHFIELD HIGH SCHOOL GIRLS TRACK

HEAD COACH: **Ali Luedtke**

E-Mail: luedtkea@marshfieldschools.org

On-Line Entries are Due **by Tuesday, April 11th at Noon** You must register all your entries for this meet on-line using <https://wi.milesplit.com/>.

Estimate times and distances as best you can for www.pttiming.com

PT Timing is seeding the meet for us but we are hand timing the meet as per usual. We will post results after the meet has concluded as results should be on-line by the time you arrive home.

Try to be as realistic as possible with your estimates.

For example, 8 Lap Relay Team winner at 2022 WVC JV ran **3:19.09 (Mfld JV)**

For example, 4 Lap Relay Team winner at 2022 WVC JV ran **1:30.80 (Mfld JV)**

Remember, don't wait until Tuesday evening to work on your entries!

Running Events to begin at 4:45pm

Two Mile Relay (22 Laps) @ 4:45pm

60 High Hurdles

60 Dash

Mile Run - 11 Laps

8 Lap Relay (320 Yards each)

440 - 2 $\frac{3}{4}$ laps

4 Lap Relay (160 Yards Per Lap)

880 - 5 $\frac{1}{2}$ laps

220 - 1 $\frac{1}{4}$ laps

-----10 minute break-----

Mile Relay -11 Laps

Field Events to begin at 4:30 pm

Pole Vault (Start at 5-06) in Main Gym

High Jump (Start at 3-06) in North Gym

Shot Put (4 Attempts) in Main Gym

#1 Long Jump (3 Attempts) in North Gym

#2 Triple Jump (3 Attempts) in North Gym

No Finals in Field Events

Results will be on-line by the time you get home!