

Clark-Willow Lake Cyclone Track & Field Quadrangular



Tuesday, April 25th @ 4:00pm
(SDHSAA SANCTIONED MEET)



Meet Contacts: Travis Ahrens; Clark Activities Director & Dawn Spieker; Willow Lake A.D.

Entries:

- Make all entries on Athletic.net, **due by Monday, April 24th, 12:00pm**
- Please email any scratches that occur past the deadline to Travis Ahrens and Dave Williams ASAP.
 - Travis.ahrens@k12.sd.us, david.r.williams@k12.sd.us
- Field Events & Running Events: 6-per Team
- Relays: 2-per Team
- 4 events per-athlete: Please be accurate with entries, as no-shows on the day of the meet can adversely impact the organization of our heats.

Field Events:

- 4:00pm start
- Best of 4-attempts, No Finals
- Weigh-ins of team implements are required on site.
 - Location of weigh-in: South door of Concession stand building.

Running Events:

- 4:30pm Start
- Heats will be arranged by Athletic.net
- There will be tennis balls available. No Tape on Track (Hand off zones explanation)
- 3200 meter race: Boys & Girls will run together
- Relay cards will be used. (See Attached Document from email)

Scratch Meeting: 3:30pm with coaches meeting to follow.

Spikes: Track, runways, and high jump surface are rubberized. (3/16th inch spike or less are required)

Awards:

- No Team Awards
- Individual: Medals
 - Field Events/Opens: Top 3
 - Relays: Top 2

Coaches Meeting: We will have a short coaches meeting at 3:30pm, below the Crow's Nest, with the Meet Director and Meet Referee.

Schools Participating: Clark-Willow Lake, Great Plains Lutheran, Florence-Henry, & Groton

Team Camp Area: Teams may set up camp on the north side of the track. No Camps will be allowed on the football field. **Concessions will be available.**

Team Bus Parking: Area north of the track or north side of parking lot north of the Fieldhouse

Officials: Meet Official- Robert Kwasniewski, Starter- Scott DeBoer

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ROLLING SCHEDULE

TRACK EVENTS 4:30pm

4x800m Relay (Girls/Boys)

100m/110m Hurdles (Girls/Boys)

100M Dash (Girls/Boys)

4x200m Relay (Girls/Boys)

1600m Run (Girls/Boys)

4x100m Relay (Girls/Boys)

400m Dash (Girls/Boys)

300m Hurdles (Girls/Boys)

1600m Medley Relay (Girls/Boys)

800m Run (Girls/Boys)

200m Dash (Girls/Boys)

3200m Run (Girls/Boys-Combined)

4x400m Relay (Girls/Boys)

FIELD EVENTS 4:00pm

Shot Put (Boys/Girls)

Discus (Girls/Boys)

Long Jump (Boys/Girls)

Triple Jump (Girls/Boys)

High Jump (Girls/Boys)

