

WIBAUX TRACK MEET SCHEDULE

Thursday, April 6, 2023?????

Running Events

11:00 Girls 3200 M
11:20 Boys 3200 M

11:40 Girls 100 M Hurdles
11:50 Boys 110 M Hurdles

12:00 Girls 100 M Dash
12:20 Boys 100 M Dash

12:40 Girls 800 M Run
12:50 Boys 800 M Run

1:00 Break (catch-up)

1:30 Girls 4 x100 M Relay
1:40 Boys 4 x 100 M Relay

1:50 Girls 300 M Hurdles
2:00 Boys 300 M Hurdles

2:15 Girls 400 M Run
2:25 Boys 400 M Run

2:40 Girls 1600 M Run
2:55 Boys 1600 M Run

3:10 Girls 200 M Dash
3:30 Boys 200 M Dash

3:50 Girls 1600 M Relay
4:05 Boys 1600 M Relay

Field Events

10:00 Boys Javelin
Girls Discus
Boys Shot Put
Girls Pole Vault
Boys Long Jump
Girls Long Jump

12:00 Girls High Jump
Boys Triple Jump

1:00 Girls Javelin
Boys Discus
Girls Shot Put
Boys Pole Vault

2:00 Boys High Jump
Girls triple Jump

****TIMES ARE ESTIMATED****

Coaches Meeting: 9:15. Scratches can be made at this time, weather issues, pole vault heights, etc.

General Stadium Rules:

1. 1/8" pyramid spikes only.
2. No food or beverages on the field except water.
3. No glass containers of any kind.
4. Please dispose of all trash in your team areas.

Meet Rules:

1. Each athlete will have 3 jumps/throws. Top 8 will go to finals for 3 more. Markers will be used.
2. Jump minimums: Boys LJ - 17' Girls LJ - 13' / Boys HJ - 5'0 Girls HJ - 4'0
3. All running events will be finals against time.
4. All athletes are to follow the uniform code of the MHSA. No hats in events, no jewelry, etc.
5. Medals will be awarded to 1st - 3rd places, ribbons 4th - 6th.