**SOUTHERN LAKES CONFERENCE RELAYS**

**Badger High School**

**Tuesday, April 16th, 2024**

1. Field events will start at 4:00 PM followed by running events at 4:30 PM.
2. Order of field events: Boys first: Pole Vault, Shot Put, Triple Jump

Girls first: Discus, Long Jump

High Jump: Boys South Pit – Girls North Pit

3 throws/jumps – no finals

Field events: Total distance of all three athletes will be added together to determine places.  \*Partial Entries - will be counted as exhibition only.  If you enter 3 competitors in an event, you are allowed to score even if you have a NH or ND (entered as a 0).

1. Scratch meeting at 3:30 in the coaches shed at south end of track.
2. All relays will be run in finals only, no prelims. Standard athlete participation limits apply.
3. Entries:Entries will be accepted online only through MileSplit Wisconsin.

 • Coaches can access on-line entries directly at ***wi.milesplit.com*** or at ***www.****tracksidetiming****.com*** • The meet is titled “SLC Conference Relays” in ***wi.milesplit.com***. Log in to your account and find the meet in the calendar.

 • All entries are due by 8PM on Sunday, April 14th.

1. Medals will be given to first and second place events.
2. Admission: Adults/Children $5.00
3. Any questions, please contact Jim Kluge at Badger High School 262-348-2060 or jim.kluge@badger.k12.wi.us.

***Order of running events:***

 100/110M HIGH HURDLE SHUTTLE (INDIVIDUAL SEEDED RACES)

 4000M DISTANCE MEDLEY

 400M RELAY

 3200M RELAY

 800M SPRINT MEDLEY (1,1,2,4)

 800M RELAY

 900M INTERMEDIATE HURDLE RELAY

 1600M SPRINT MEDLEY (2,2,4,8)

 4800M RELAY (1 heat for boys, 1 heat for girls)

 1600 RELAY

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**TRACK EVENT INFORMATION**

1. **100/110M HIGH HURDLE RELAY**

Three sections each, boys and girls. Combined times will be used to determine places. All runners run a normal race. Each team’s fastest athlete should be in the final heat, slowest in the first heat. Partial teams are not allowed.

1. **4000M DISTANCE MEDLEY**

One section each of boys and girls. One turn stagger, 800-400-1200-1600. Sliding pass will be used on all exchanges.

1. **400M RELAY**

One section each of boys and girls. Two turn stagger, race run in lanes all the way.

1. **3200M RELAY**

One section each of boys and girls. A one turn stagger will be used. Sliding passes on all exchanges.

1. **800M SPRINT MEDLEY**

One section each of boys and girls. Two turn stagger, 100-100-200-400. This race is run in lanes with the 400m runner able to cut in as soon as they get the baton. (Fastest time seeded in lane 1).

1. **800M RELAY**

One section each of boys and girls. Four turn stagger, race run in lanes all the way.

1. **900M INTERMEDIATE HURDLE RELAY**

Three sections each, boys and girls. Combined times will be used to determine places. All runners run a normal race. Each team’s fastest athlete should be in the final heat, slowest in the first heat. Partial teams are not allowed.

1. **1600M SPRINT MEDLEY**

One section each of boys and girls. Two turn stagger, 200-200-400-800. 200M runners will run in lanes the entire race. The 400 runner will start in lanes and cut in after leaving the exchange zone. The last exchange is a sliding pass.

1. **4800M RELAY**

One section each of boys and girls. All runners will be together. Times will be added to determine places. Waterfall start. Three entries per school.

1. **1600 RELAY**

One section each of boys and girls. Three turn stagger. The second and third exchanges will be a sliding pass.