

Welcome to the 2019 Prairie Relays

Coaching Packet



PRAIRIE DU CHIEN RELAYS

MONDAY, APRIL 15, 2019

This is the 66th annual running of the Prairie Relays. According to the historian for the Wisconsin Track Coaches Association, it is the second oldest continuous outdoor invitational in the state of Wisconsin. The first Prairie Relays was run on April 26, 1954 in a steady downpour on a muddy one-sixth mile track at the City Ball Park, and featured teams from Dodgeville, Prairie du Chien, Boscobel, Lancaster, and Fennimore. Dodgeville won the inaugural meet, topping Prairie du Chien by seven points. Over the years the meet has grown to as many as fifteen teams, including schools from the LaCrosse area and Iowa. In the mid-1980s, the PdC Girls Invitational was dropped and became part of the Prairie Relays.

This year's Prairie Relays features 13 teams. It will be run on Monday, April 15, 2019, beginning at 4:15 p.m. at the high school's 8-lane rubberized track facility.

This year's field is tremendous, featuring the following teams:

Belmont	Boscobel	Cassville/Potosi	Dodge/Point	Fennimore
La Crosse Central	Lancaster	Onalaska	Platteville	Prairie du Chien
Richland Center	River Valley	Viroqua		

66th Annual Prairie du Chien Relays – April 15, 2019

Welcome to the 66th annual Prairie du Chien Relays. We're hoping for great weather and look forward to hosting a meet with such a high quality group of teams.

The following teams will be participating:

Belmont	Boscobel	Cassville/Potosi	Dodge/Point	Fennimore
La Crosse Central	Lancaster	Onalaska	Platteville	Prairie du Chien
Richland Center	River Valley	Viroqua		

There will be a coaches meeting in the Cafeteria. This will be for any scratches or other information that needs to be addressed. Please have your Pole Vault verification form available as well.

Please be sure that your athletes are using no more than 1/4 inch pyramid spikes.

Scoring will be 10-8-6-5-4-3-2-1 for 8 places.

Awards are medals for the top 3 places in all events and a team plaque for the first place teams.

Each team is allowed 3 athletes per event and one team per relay.

Entry Fee is \$120.00

The games committee shall consist of the two WIAA starters, Paula Shedivy (PDC) - meet manager, Rob Serres (Platteville) and Joe Hanson (Dodge/Point). This committee will serve as the final board of appeals.

Participating schools will provide a coach to serve as an exchange zone judge in the relays.

400 Meter Relay

Exchange Zone 1-Lanes 1-4: Onalaska
Lanes 5-8: Prairie du Chien
Exchange Zone 2-Lanes 1-4: Fennimore
Lanes 5-8: Boscobel
Exchange Zone 3-Lanes 1-4: Lancaster
Lanes 5-8: Cassville/Potosi

800 Meter Relay

Exchange Zones 1 & 3-Lanes 1-4: LAX Central
Lanes 5-8: Platteville
Exchange Zone 2- Lanes 1-4: Richland Center
Lanes 5-8: River Valley

Sprint Medley (1. yellow/yellow, 2. yellow/yellow, 3. blue/blue/ with cut)

Exchange Zone 1-Lanes 1-4: Platteville
Lanes 5-8: Viroqua
Exchange Zone 2-Lanes 1-4: Fennimore
Lanes 5-8: Dodge-Point

- Coaches will need to log into www.directathletics.com to make their entries. Deadline for entries will be Sunday, April 14, by 11:59pm. By Monday morning, heat sheets should be available online. Because of the late deadline for entries, we will be doing scratches/replacing without reseeding on the day of the meet.
- Bus parking: Please drop kids off at the back of the school and take the service road around to the front of the school. Park in the front parking lot.
- **Please keep your athletes off of the football field!**

- Warm-ups can be done on the backstretch or in the area near the flag pole.
- Team camps may be set up between the fences on the Northeast or Southwest corners. An area will be designated near the high jump area for coaches. Thank you.

Mike Liddell email: liddellmi@pdc.k12.wi.us phone: 608-326-3843

ORDER OF EVENTS PRAIRIE RELAYS

3:45 Coaches Meeting in the Cafeteria

4:15 Field Events:

- HIGH JUMP (GIRLS / BOYS) – Starting Heights = 4' Girls, 5' Boys (3 attempts)
 - POLE VAULT (BOYS / GIRLS) – Starting Heights = 6' Girls, 8' Boys – going up 1', then 6" (3 attempts)
 - LONG JUMP (GIRLS/BOYS) – 4 jumps, no finals
 - TRIPLE JUMP (BOYS/GIRLS) – 4 jumps, no finals
 - SHOT PUT (GIRLS/BOYS) – 4 throws, no finals: **Scratch Lines: Shot: Girls-25'–Boys 35'**
 - DISCUS (BOYS/GIRLS) – 4 throws, no finals : **Scratch Lines: Discus: Girls- 70'-Boys 90'**
- **One and a half hour time limit for each event****

*** All Running Events will be Girls followed by Boys ***

*** **Times are tentative – we will run ahead of schedule if possible** ***

4:15 4 x 800 Meter Relay

4:40 100 Meter High Hurdles - TRIALS

110 Meter High Hurdles – TRIALS

5:05 100 Meter Dash - TRIALS

10 minute break following the boys 100 Meter Dash trials

5:30 100 High Hurdles – FINALS

5:40 110 High Hurdles – FINALS

5:50 100 Meter Dash – FINALS

6:00 1600 Meter Run

6:25 4 x 200 Meter Relay

6:45 400 Meter Dash

7:00 400 Meter Relay

7:15 300 Meter Hurdles

7:30 800 Meter Run

7:45 Sprint Medley Relay (100, 100, 200, 400) *Do not have 200 meter dash, Sprint Medley Relay in lieu of*

8:05 3200 Meter Run

8:40 4 x 400 Meter Relay

At the conclusion of the meet, awards will be handed out at the front of the press box.

*RESULTS WILL BE POSTED AT <http://www accuracetimeing.com/>

PRAIRIE RELAYS RECORDS - GIRLS

HIGH JUMP	LORI DICKMAN	PRAIRIE DU CHIEN	5' 8"	1983
LONG JUMP	EMILY BETZ	LA CROSSE LOGAN	18' ½"	2006
TRIPLE JUMP	CAITLIN REED	VIROQUA	35' 1"	2008
DISCUS	JESSE JEWELL	DECORAH	125' 8.25"	2004
SHOT PUT	ALISSON MORGAN	NORTH CRAWFORD	42' 4"	1992
SOFTBALL THROW	LAURA RODHAM	DUBUQUE WAHLERT	196' 9"	1978
PENTATHLON	CAROL PEDRETTI	PRAIRIE DU CHIEN	2,788	1978
100 M HURDLES	KELLY MILLER	MONROE	14.4	1979
100 M HURDLES (33")	JESSICA DEVINE	LA CROSSE LOGAN	14.97	2004
1600 M RUN	TRICIA SERRES	PLATTEVILLE	4:59.82	2011
800 M RELAY	HALVERSON, O' BRIEN KOZELKA, DUVE	PRAIRIE DU CHIEN	1:48.5	1977
400 M DASH	DEIDRE DILLMAN	PRAIRIE DU CHIEN	58.25	2008
800 M RUN	MOLLY HANSON	DODGEVILLE/ MINERAL POINT	2:14.91	2012
200 M DASH	CATHY KOZELKA KIM TILLER	PRAIRIE DU CHIEN RICHLAND CENTER	26.3	1975 1983
1600 M RELAY	McBAIN, WILSON SCHUTZKUS, SHIREMAN	RICHLAND CENTER	4:07.3	1981
3200 M RELAY	SERRES, DONOVAN LAWINGER, SERRES	PLATTEVILLE	10:05.2	2006
400 M RELAY	KIES, BECKER, DIGMAN, VINEY	PLATTEVILLE	51.68	2000
SPRINT MEDLEY (100-100-200-400)	GAMOKE, KAMPA FELTES, WEAVER	ARCADIA	1:53.9	1977
200 M HURDLES	KELLY O' BRIEN	PRAIRIE DU CHIEN	30.9	1978
300 M HURDLES	BRITTNEY HUNDT	LA CROSSE LOGAN	47.2	2006
100 M DASH	BLAIR RUNDE	PLATTEVILLE	12.14	2004
3200 M RUN	HANNAH OWENS	Dodge/Point	11:05.6	2014
POLE VAULT	LAURA MASSEY	LANCASTER / POTOSI	11' 0	2004
DISTANCE MEDLEY (1200-400-800-1600)	KOTEK, WHITE, HUINKER, WETTACH	DECORAH	14:03.3	2003

PRAIRIE RELAYS RECORDS - BOYS

SHOT PUT	RHETT WEBER	PLATTEVILLE	56' 7.5"	2012
DISCUS	DOUG OOMENS	PLATTEVILLE	166' 9"	1989
HIGH JUMP	PAUL ANNEAR	RICHLAND CENTER	6' 10"	2008
POLE VAULT	BRYCE GALSTAD	WESTBY	13' 9"	2014
LONG JUMP	PAUL ANNEAR	RICHLAND CENTER	22' 9.25"	2007
TRIPLE JUMP	DREW SIERZANT	LACROSSE CENTRAL	45' 11"	2008
110 HIGH HURDLES	JAMES RUEN	DECORAH	14.46	2004
300 INT. HURDLES	CHUCK MAHLAM	HOLMEN	40.0	1987
100 M DASH	LYNN OYAWIRI	PLATTEVILLE	10.87	2007
400 M DASH	BILLY LEASE	FENNIMORE	50.43	2005
800 M RUN	JONAH NELSON	DODGE/POINT	1:59.57	2014
1600 M RUN	TYSON MEHE	DARLINGTON	4:23.05	2014
3200 M RUN	TYSON MIEHE	DARLINGTON	9:38.85	2013
4 X 100 RELAY	OYAWIRI, NZEGWU GOFFINETT, MARTIN	PLATTEVILLE	44.26	2007
4 X 200 RELAY	OYAWIRI, VACLAVIK GOFFINETT, SPEISS	PLATTEVILLE	1:33.10	2008
4 X 400 RELAY	OTTOW, WOODS FINSTERWALDER, SMITH	LACROSSE CENTRAL	3:23.99	2011
4 X 800 RELAY	FINSTERWALDER, OTTOW JANDAL, SAXTON	LACROSSE CENTRAL	7:57.01	2011
SPRINT MEDLEY (100-100-200-400)	OLSON, LEUSCHEN COOK, RUSTAD	DECORAH	1:38.5	2006
DISTANCE MEDLEY (1200-400-800-1600)	DYKSTRA, SVESTKA BOCKMAN, FULTON	DECORAH	11:36.0	2002