

54th Running of the Knights of Columbus Relays
Saturday 27 April 2019
Veterans Memorial Stadium

Start Time: There will be a coaches meeting at 9AM in the South dressing room at Veterans Stadium. The national anthem will be at 9:45AM. Running & Field Events will start at 10AM. As soon as preliminary heat sheets have been completed (26 April Thursday morning), a time schedule will be provided. As a reference, the running events were finished by 4:30PM last year.

Enter the meet: Entries will be done online at www.directathletics.com. Athletes will not be sectioned by large school/small school affiliation but will be assigned by seed times, heights and distances. This allows the best to compete against the best. There will be team competition, with team plaques for boys' and girls' small school and large school champions. **Entry Limitations:** We will use the same entry policy as for Wisconsin regionals and sectionals: 1) One entry in each relay event 2) 28 individual event entries 3) A maximum limit of three in any individual event. **Entries open:** Friday 19 April / **Entries close:** Wednesday 24 April at 6PM.

Schools are divided into large and small school divisions for team competition.

Large Schools	Enrollment	Small Schools	Enrollment	Small Schools	Enrollment
Central	1055	Adams Friendship	468	Fall Creek	276
Eau Claire Memorial	1711	Aquinas	289	Fennimore	238
Franklin	1549	Arcadia	361	Hayward	511
Holmen	1137	Bangor	177	Mauston	465
Hudson	1791	Boscobel	233	Mosinee	596
Logan	758	Brookwood	200	Viroqua	321
Onalaska	989	Cashton	187	West Salem	506
Rochester Century	1282	Colfax	267		
Winona	877				

Entry Fees for teams: \$150 per gender / \$300 for both genders

Entry Fees for individuals: \$10 per individual / \$20 per relay team

Preliminary Heat Sheets will be posted on www accuracing.com, by noon Friday 26 April.

Clerking: Report to the clerking area for all running events. All field events must check in at the competition venue.

Rules: 2019 WIAA Rules will be in effect, with one exception: after the preliminary heats in the 100, 100m hurdles and 110m hurdles, athletes will be advanced by time to the finals, not by place.

Venue Information: SPIKES: only ¼ inch pyramid or tree spikes are permitted.

Timing: Accuracing will use Finish Lynx as the primary system.

Scoring: Normal 10-8-6-5-4-3-2-1 will be in effect, with large and small school champions recognized.

Awards: Event winners will be recognized with medals.

Parking: Spectator parking is available in the Veteran's Memorial Stadium parking lot. Motor coach parking is available on Badger Street. This is a bus only access street, which is located directly west of the stadium.

Locker Rooms: No locker rooms will be provided

Trainer: A trainer will be located on the south end of the stadium structure.

Field events

Athletes competing in a field event will be able to check out to compete in another event but must return prepared to compete within 15 minutes of check out time.

Triple Jump & Long Jump will be contested as 4 jumps with no finals. Landing pits will be open 45 minutes prior to the meet starting for run throughs. Landing pits will then be open for run throughs after the completion of each session. Jumpers must compete within their designated time period.

The opening height for the high jump will be 4'2" for girls, 5'2" for boys. The bar will then be raised 2" for the next 2 jumps, then every 1" after that.

The opening height for the girls' pole vault is 6'6". The bar will then be raised to 7'6" and then raised in 6" increments. The opening height for boys is 8'6". The bar will then be raised to 9'6" and then raised in 6" increments.

. Throws: Competition will begin promptly at 10AM. Flight 1 will need to be warmed up and ready to compete by 10AM. There will be a scratch line for all throws. Boys shot will be 35', discus 100', girls shot 30' and discus 75'. There are 2 rings for each event, one for warm ups, the other for competition. Competitors in the shot put and discus will have 3 throws. Everyone will get 3 throws. Top 9 go to finals and get 3 more throws. If an athlete checks out, he will have 15 minutes to get back and check in. Each athlete will have 1 minute to complete their throw. Each flight will have a 15-minute warm up. 1st groups competing: Boys Shot Put / Girls Discus. 2nd Group: Boys Discus / Girls Shot Put. 15-20 min. Break. 3rd group: Boys Shot Put / Girls Discus. 4th group: Boys Discus / Girls Shot Put. There is no time schedule, other than the first group starting warm-ups at 9:30 and throwing at 10. It will be a rolling schedule...once a ring is open then the next group will start warm ups immediately.

Relay Exchanges: We will need your help on the relay exchanges. Specifically, I need coaches from the schools below to position themselves to confirm that relay exchanges take place within the zone.

Relay Exchange Zone Responsibilities

4 x 200 Relay	Exchange Zones 1-3	Exchange Zone 2	
	Lanes 1-5 / Aquinas	Lanes 1-5 / Adams Friendship	
	Lanes 6-10 /	Lanes 6-10 / Arcadia	

	Exchange Zone 1	Exchange Zone 2	Exchange Zone 3
4 x 100 Relay	Incoming	Incoming	Incoming
	Lanes 1-5 / Onalaska	Lanes 1-5 / Winona	Lanes 1-5 / Fall Creek
	Lanes 6-10 /	Lanes 6-10 / Mauston	Lanes 6-10 / Holmen
	Outgoing	Outgoing	Outgoing
	Lanes 1-5 / Mosinee	Lanes 1-5 /	Lanes 1-5 / Logan
	Lanes 6-10 / Viroqua	Lanes 6-10 / West Salem	Lanes 6-10 / Central

Below is the order of events.

100m Hurdles Prelims	Girls		Shot Put	Girls
110m Hurdle Prelims	Boys		Shot Put (boys follow girls)	Boys
100m Dash Prelims	Girls		Discus (girls follow boys)	Girls
100m Dash Prelims	Boys		Discus	Boys
Distance Medley	Girls		Pole Vault	Girls
Distance Medley	Boys		Pole Vault	Boys
110m Hurdle Final	Boys		High Jump	Girls
100m Hurdle Final	Girls		High Jump	Boys
100m Dash Final	Girls		Long Jump	Girls
100m Dash Final	Boys		Long Jump	Boys
1600m Run	Girls		Triple Jump	Girls
1600m Run	Boys		Triple Jump	Boys
4 x 200 Relay	Girls			
4 x 200 Relay	Boys			
400m Dash	Girls			
400m Dash	Boys			
4 x 100 Relay	Girls			
4 x 100 Relay	Boys			
300m Hurdles	Girls			
300m Hurdles	Boys			
800m Run	Girls			
800m Run	Boys			
200m Dash	Girls			
200m Dash	Boys			
3200m Run	Girls			
3200m Run	Boys			
4 x 400m Relay	Girls			
4 x 400m Relay	Boys			

Last year, we had 890 athletes competing from 24 schools. Our goal is to conduct this meet as efficiently as possible without sacrificing the performance of the competitors. Last year we were able to finish the running events 45 minutes ahead of our schedule. This is how you can help:

- 1) Have your athletes get their race numbers sooner, rather than later
- 2) Have your athletes report to their starting blocks, not the starting line.
- 3) Have relay members report to their relay zones not the starting line.