



BIG 8 CONFERENCE

Dual & Triple Dual Meets



FIELD EVENTS:

4:30 EVEN WEEKS (follows Regional Order)

Girls High Jump, followed by Boys
Girls Long Jump, followed by Boys
Girls Shot Put, followed by Boys
Combined Pole Vault
Boys Triple Jump, followed by Girls
Boys Discus, followed by Girls

Even Weeks: 4/14, 4/28

ODD WEEKS (reverse Regional Order):

Boys High Jump, followed by Girls
Boys Long Jump, followed by Girls
Boys Shot Put, followed by Girls
Combined Pole Vault
Girls Triple Jump, followed by Boys
Girls Discus, followed by Boys

Odd Weeks: 4/07, 4/21, 5/05

RUNNING EVENTS:

4:30 100/110m Hurdles
100m Dash
1600m Run
800m Relay
400m Dash
400m Relay
300m Hurdles
800m Run
200m Dash
3200m Run (combined boys & girls)
1600m Relay



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1. Entries may be changed until a runner reports to the clerk or a field event competitor reports to the judge of his/her event.
 - Varsity entries: 4 per event (dual) & 3 per event (triple dual) *plus* 1 varsity relay
 - JV entries: unlimited for both individual & relay events
2. A competitor may participate on both the varsity and JV teams in the same meet but the total number of events may not exceed the number allowed by WIAA rules. A competitor may not participate in the same event on both the varsity and JV teams.
3. The starting time for running and field events for dual meets and triple dual meets is 4:30pm. Start times can be adjusted after discussion and agreement between coaches and athletic directors.
4. Running Events:

The varsity and JV races will be combined in the 400m Relay, 800m Relay and 1600m Relay. If two heats of the 1600 relay are run, the JV heat should be run first. The boys and girls varsity and JV 1600 may be combined, if both schools agree, with the host school deciding whether or not to do so, if there is no consensus. The boys and girls varsity and JV 3200 will be combined. It is highly suggested that when there are a large number of runners in the 3200 meter run that a time sheet and place cards be used as in cross country. The host school will determine whether or not the 800 will be a combined varsity and JV race. The order of races in all events run separately will be varsity followed by JV. **All running events, the faster heats will go first.**

5. Field Events:
 - a. High-jump starting heights will be determined by mutual consent prior to each meet. Once competition begins, the bar will only be moved up as JV and Varsity compete together.
 - b. Pole vault starting heights will be determined by mutual consent prior to each dual meet. Boys and girls pole vault may be combined for meets if participating coaches mutually agree.
 - Girl height progression: 6' 0" → 7' 0" → 7' 6" → 8' 0" w/ 6" increments after 8'
 - Boys height progression: 8' 0" → 9' 0" → 9' 6" w/ 6" increments after 9'
 - c. The varsity and JV entries in the high jump, long jump, pole vault, and triple jump will compete in one group. In the shot put and discus, the order will be varsity then JV.
 - d. In all varsity shot put and discus competition, shall follow the WIAA format: (1-1-1-1). Varsity will compete to completion, followed by JV to completion. **The number of throws and sequence will be under host schools discretion.**
 - e. Long jump and triple jump competition will be open pit. The time limit will be 60 minutes with a 15-minute break after the pit closes for each group. The time limit may be extended with prior consent of the head coaches. When the two events are held concurrently in separate pits, the time limit will also be 75 minutes with a 15-minute break after the pit closes for each group. All varsity competitors will have 4 jumps only. There will be no finals.
 - f. Order of events to follow [WIAA Regional Meet](#) (pg. 61) sequence. On even weeks will follow regional order and odd meet weeks we will reverse the order based on gender for the regular season meets only.
 - ***Note* Week one is the first week of the season.**