

West Lakeland Middle School Conference Track Meet

Clear Lake High School

Thursday, May 15, 2025

Teams: Clayton, Clear Lake, Frederic/Luck, Grantsburg, Siren, Turtle Lake, Unity, and Webster

Officials: Patti Wyss, Adam Swanepoel

Times:

- Coaches meeting will be at **3:30** near the timing tent. No substitutions or additions, only scratches.
- Field events will begin at **4:00**. Athletes must check-in prior to the start of competition.
 - Girls shot put, followed by boys
 - Boys discus, followed by girls
 - Girls high jump, followed by boys (starting heights will be determined by WIAA rules)
 - Boys pole vault, followed by girls (starting heights will be determined by WIAA rules)
 - Boys and girls long jump will be cafeteria style
- Running events will begin at **4:30** and follow the order of events on the following page.
 - All runners must check in with the clerk at the north end of the track, behind the 100m start.

Entries:

- Teams are limited to 4 entries per individual event and 2 teams per relay event.
 - One relay A-team is eligible to score points, one B-team is ineligible to score. B-teams will not run in the fast heat unless needed to fill lanes in the 4x100m and 4x200m events.
- Each participant is limited to no more than 3 total events: 2 running/1 field, or 1 running/2 field.
- Entries must be submitted online at: PT Timing
 - **Entries are due by 12:00p noon on Tuesday, May 13**
- Each participant will be allowed 3 attempts per field event. No finals.

Other Meet Information:

- Please keep the area around the timing tent clear of athletes.
- Athletes excused from a field event will have 15 minutes from the time their name is called to return for their next trial. They must check-out with the event judge before leaving.
- Reminder: pole vault weigh-in forms must be dated no earlier than **April 1**.
- Running and jumping surfaces are rubberized. Athletes may wear ¼" pyramid spikes only.
- Coaches will be asked to assist with exchange zones for the 4x100m and 4x200m relays.
- Scoring will be 10-8-6-5-4-3-2-1 for both individuals and relays.
- Awards: per conference rules and decision by West Lakeland athletic directors, no awards will be given.
- Entry fee of **\$200** may be mailed or brought on the day of the meet.
- Please set up tents in the grassy areas outside the track (along the North Side).
 - Athletes are asked to stay out of the infield if they are not preparing for competition.
- Concessions will be available.
- Porta Pots will be available
- Buses can park on the south side of the parking lot.

TBD, Meet Manager

Dale Rosen, Athletic Director
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715-554-0080

2025 West Lakeland Middle School Conference Track Meet Schedule

3:30 Coaches meeting at the timing tent.

Running Events

Field Events

4:00

Girls shot put

Boys discus

Girls high jump

Boys pole vault

Boys & Girls long jump - (cafeteria style)

4:30 100m hurdles - Girls / Boys

100m dash - Girls / Boys

1600m run - Girls / Boys

4x200m relay - Girls / Boys

400m dash - Girls / Boys

4x100m relay - Girls / Boys

800m run - Girls / Boys

200m dash finals - Girls / Boys

4x400m relay - Girls / Boys

Boys shot put follows completion of Girls

Girls discus follows completion of Boys

Boys high jump follows completion of Girls

Girls pole vault follows completion of Boys