

2024 Whitehall Middle School Meet @ Whitehall High School

Date: Friday, May 10th, 2024

Site: Whitehall High School

Participating Schools: Alma/Pepin, Arcadia, Black River Falls, Blair-Taylor, Cochrane-Fountain City, G-E-T, Alma Center Lincoln, Independence-Gilmanton, Whitehall

Entries: Entries will be done on athletic.net. Entries will be due by 12:00 noon on Wednesday May 8th. No additions, scratches only on the day of the meet. Please visit the site well in advance to become familiar with the process of entering athletes. We will need times & distances for each athlete. Do your best to approximate those times & distances.

Entry Limits: We will allow **6 entries** per school for each individual event (with the exception of high jump which will only allow **4 entries**) and **5 relay teams** per school for relay races. Each athlete is limited to **4 events** with no more than 3 running or 3 field events.

Equipment: Blocks will be provided. Bring your own batons.
Hand-off and runway marks must be made with chalk.

Throws: Each competitor in shot put & discus will get 4 throws. All throws must be taken consecutively. 6 lb girls shot, 8 lb boys shot, 1 kg discus both boys and girls

Jumps: Each competitor in long jump & triple jump will be given 4 jumps. The jumps will be run cafeteria style with both boys & girls jumping at the same time. High jump starting heights will be determined after entries are submitted.

Running Events & Relays: Races will be clerked at the 100 meter dash starting line. Remind athletes to be alert for 1st, 2nd & 3rd calls for their races.

Miscellaneous:

- We ask schools help by cleaning up their camp areas.
- Park Buses behind the school
- The Whitehall Booster Club will be providing concessions for the meet.

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ORDER OF EVENTS

4:30

Field Events:

Boys shot put followed by girls

Girls discus followed by boys

Boys and Girls Long Jump (Cafeteria Style)

Boys and Girls Triple Jump (Cafeteria Style)

Boys High Jump followed by the Girls

4:45

Running Events:

Girls 100 Meter Hurdles (30" inches)

Boys 100 Meter Hurdles (30" inches)

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 1600 Meter Run

Boys 1600 Meter Run

Girls 4 X 200 Meter Relay

Boys 4 X 200 Meter Relay

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 4 X 100 Meter Relay

Boys 4 X 100 Meter Relay

Girls 800 Meter Run

Boys 800 Meter Run Girls

200 Meter Dash Boys

200 Meter Dash Girls 4 X

400 Meter Relay

Boys 4 X 400 Meter Relay