Elkhorn Track and Field

June 1st, 2021

To the Athletic Directors and Head Track and Field Coaches of:

* Badger High School
* Big Foot High School
* Delavan-Darien High School
* Mukwonago High School
* Whitewater High School

From Cody Christensen - Meet Manager/Head Track and Field Coach Elkhorn

Re: Elkhorn Triangular - Tuesday, June 1st (Rain date TBD.)

The Elkhorn Quad will be held at Elkhorn Area High School

* Field Events will Start at 4:00
* Running Events will Start at 4:15
* Coaches meeting will be held by the finish line.
* We ask that you please set up your team’s camp behind the main bleachers and masks are encouraged.
* ***Attendance for fans are allowed. Please look at the information below for fan attendance.***
  + ***Finish line area will be roped off - no spectators allowed at the finish line.***
  + ***Encouraged to limit fans to family members of competing student athletes on the team.***
  + ***Face coverings are strongly recommended outdoors.***
  + ***Encourage fans and/or family members to leave the facility once their son/daughter has finished competing for the day.***
  + ***Host schools are encouraged to monitor the facility and restrict areas specifically for athletes and coaches.***

1. Entries are to be done online at **athletic.net** by **Sunday at 10:00 p.m.**
   1. Meet is labeled Elkhorn Quad (Although we have 6 teams now)
   2. 3 entries per event in Varsity - Unlimited entries for JV.
2. The High School & locker rooms will not be available for athletes.
3. ***Concessions will be sold during the track meet.***
4. **1/4” spikes** will be permitted in the running events. Spikes may be worn in all events except shot put and discus.
5. Opening height in the boys and girls high jump will be determined at the start of the meet and will go up by 2”
6. Shot put and discus (4) trials per individual.
7. Long jump and triple jump. Open pit in both events (3) jumps per individual – no finals.

***Order of Events***

***Field Events Boys:***

**Girls: Boys:**

Shot (Girls First) Discus (Boys First)

Discus Shot

Pole Vault Pole Vault (Boys First)

Long Jump (Girls First) Triple Jump

Triple Jump Long Jump (Boys First)

High Jump (Girls First) High Jump

***Running Events***: Girls will run all events first, followed by the Boys. Heats will be combined based on entries. All races will be Electronically timed for athletes.

3200M relay (First Call at 4:05)

100M hurdles

110M hurdles

100M dash

1600M run

800M Relay

400M dash

400M relay

300M hurdles

800M run

200M dash

3200M run

1600M relay