

Jefferson High School
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Sioux Falls Jefferson Quad – Brookings, Harrisburg, Sioux Falls Jefferson, Sioux Falls Lincoln
Tuesday, April 11th, 2023
2:00 PM Boys Javelin - 3:00 PM Boys Shot - 3:30 Girls Disc - 4:00 PM (All Other Events)
Howard Wood Field

ROSTERS/NUMBERS/ENTRIES:

Here is the link for the entries [CLICK HERE](#). It will be on Athletic.net.

Entry deadline will be **Tuesday, April 11th at 8:00 AM**. If questions, please contact Erik VanLaecken at vanlaecken48@hotmail.com

Entry Limitations:

**Individual Running Events – Unlimited entries within reason

**Field Events – Unlimited entries within reason

**Relay Events – Limit of 2 per school

****Athletes should be competing in **ONLY** the events that they have been practicing. ****

MEET OFFICIALS:

Starter/Referee: Jim Larsen and Sam Krystosek

TEAM ENTRANCE: Please do not arrive until 1:00PM – the facility will be open at that time. See Team Guide.

CAMPS:

All team camps will be underneath the visitor side stands due to wet grounds. If underneath the bleachers is snow covered, team camps will move to the visitor side bleachers – only active participating team personnel on the infield. Please pick up any garbage and throw in the garbage cans found around the facility and clean up your camp area at the end of the meet. No sunflower seeds allowed at HWF!! We ask that the shot put, and discus be thrown only in designated areas. Do not throw the shot put on any grass area in the complex. Please do not throw footballs, baseballs, or frisbees in or around the track complex will not be allowed.

GENERAL INFO:

Spikes should be 3/16th inch only. Cut tennis balls will be provided for relays...no tape on the track please! Implements will be weighed prior to the meet in the Storage Room of the Fieldhouse (located on the northwest side of the Fieldhouse). Please weigh-in your pole vaulters at your home school prior to arriving at the meet. Sheets will be turned in to Jefferson PV Coach Ryan Wilhem at the start of the event. Locker rooms will not be provided. Please arrive dressed and ready to go. Locker Room A and C will be available.

If you have questions, please contact **Jason Wagoner** (JHS Track Head Coach) at jason.wagoner@k12.sd.us

EVENT GUIDE:

[Team Event Guide Dakota Relays 2023](#)

Please use the following guide for maps at Howard Wood Field. Please note that the warm-up area will not be ready to go due to snow. We will use the infield area.

WATER/ICE: Water and Ice will be available. No coolers are provided.

ATHLETIC TRAINER: There will be an Athletic Trainer on duty provided by Orthopedic Institute. See Report Map in Team Event Guide.

CONCESSIONS: Will not be available

MEET SCHEDULE

COACHES MEETING (3:45PM – Infield)

Field Events:

- * 2:00 PM Boys Javelin followed by Girls
- * 3:00 PM Boys Shot Put followed by Girls
- * 3:30 PM Girls Discus followed by Boys
- # 4:00 PM Boys Long Jump followed by Boys Triple Jump
- # 4:00 PM Girls Long Jump followed by Girls Triple Jump
- 4:00 PM Girls High Jump followed by Boys High Jump
- 4:00 PM Pole Vault Run Concurrently

*** = Three Throws**

= Three Jumps

Running Events: 4:00PM (Rolling Schedule)

Girls/Boys 3200 Meter Relay

*Run Together if number of teams warrants

Girls 100 Meter Hurdles

Boys 110 Meter Hurdles

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 800 Meter Relay

Boys 800 Meter Relay

Girls 1600 Meter Run

Boys 1600 Meter Run

Girls 400 Meter Relay

Boys 400 Meter Relay

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 300 Meter Hurdles

Boys 300 Meter Hurdles

Girls 1600 Sprint Medley Relay

*Run together if number of teams warrants

Boys 1600 Sprint Medley Relay

Girls 800 Meter Run

Boys 800 Meter Run

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls/Boys 3200 Meter Run

*Run Together if numbers warrant

Girls 1600 Meter Rely

Boys 1600 Meter Relay