

Jefferson High School
1600 N Marion Road
Sioux Falls, SD 57107
(605) 367-6184



Chad Stadem
Activities Director
(605) 261-3416 Cell
(605) 367-6185 Fax
chad.stadem@k12.sd.us

Sioux Falls Jefferson Quad – Harrisburg, Sioux Falls Jefferson, Sioux Falls Lincoln, and Tea Area
Tuesday, May 7th, 2024
Jefferson High School

ROSTERS/NUMBERS/ENTRIES:

Here is the link for the entries [CLICK HERE](#). It is on Athletic.net. JHS Track Markings [CLICK HERE](#)

Entry deadline will be **Tuesday, May 7th 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 – 3 Jumps/Throws No Finals
- **Relay Events – Limit of 3 per school
- ****Athletes should be competing in **ONLY** the events that they have been practicing. ****

MEET OFFICIALS:

Starter/Referee: Marc Murren and Eric Foss

MEET SCORING:

No Team scoring will be kept.

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

INFIELD GUIDELINES: No Team Camps will be set up on the infield – Only active participating team personnel on the infield.

CAMPS:

All team camps will be in grass areas outside of the track (See Map [Here](#)), no team camps 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 Jefferson HS!!** 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 South Storage Room of the Fieldhouse (located on the south side of the Fieldhouse). Please weigh-in your pole vaulters at your home school prior to arriving at the meet. Sheets will be turned into Jefferson PV Coach Ryan Wilhem at the start of the event. Locker rooms will not be provided. Please arrive dressed and ready to go. Bathrooms are located on the Northwest corner of Jefferson High School.

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

ADMISSION: No Admission will be charged.

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 (Eric Page/Natalie Rihanek). Trainers will have access to AED's and Emergency Action Plans ([LINK](#)) and SDHSAA Pre-Contest ([LINK](#)).

CONCESSIONS: Will be available on the south side of the Fieldhouse.

MEET SCHEDULE
Tuesday, May 7th, 2024

COACHES MEETING (3:45PM – Infield)

Field Events:

- *2:00 PM Boys Javelin
- *Girls Javelin to follow boys
- *3:00 PM Boys High Jump
- *Girls High Jump to follow boys
- *3:00 PM Boys Discus
- *Girls Discus to follow boys
- *3:30 PM Girls Shot Put
- *Boys Shot Put to follow girls
- 4:00 PM Girls and Boys Pole Vault run concurrently.
- #4:00 PM Boys Long Jump
- #Boys Triple Jump to follow boys long jump
- #4:00 PM Girls Long Jump
- #Girls Triple Jump to follow girls long jump
- * = Three Throws # = Three Jumps No Finals

Running Events: 4:00 PM (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 Relay
- Boys 1600 Meter Relay
- Throwers 4 x 100 Relay