

Rockford Area Schools

WCC – Pent

DATE: Friday – April 10 2025

TIME: Field Events – 4:00pm Running Events – 4:30pm

COACHES MTG: 3:45pm at the finish line

SCHOOLS COMPETING: Mound Westonka, Rockford, Delano, Watertown-Mayer, Howard Lake, NightHawks

We will be using Hero Timing. Teams need to have rosters updated on athletic.net by 10 am April 09th

EVENT ASSIGNMENTS

Our goal is to fill all the worker assignments with volunteers. If we cannot fill all positions, we will let you know at the coaches meeting that we may need help.

Field Events:

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| 4:00 | Boys Shot and Girls Discus (switch when completed) – 4 throws |
| 4:00 | Long Jump Both Genders – 4 attempts Cafeteria Style |
| 4:00 | Triple Jump Both Genders – 4 attempts cafeteria Style |
| 4:00 | Girls followed by Boys High Jump (Girls starting at 3'10" then up by 2"), (Boy starting at 4'6" then up by 2") |
| 4:00 | PV Boys followed by Girls ,(Boys starting height 7', 8' then up by 6, Girls starting height 6' 7' then up by 6") |

Participation:

- Unlimited participation for all individual events
- 3 Relays per school – per event
- Fastest runners will be in the first heat.
- 1/8" or ¼ # pyramid spikes only
- The concession stand will be open. Please patronize our concessions.
- 3200 Meter May be run CO-ED and the 4x800 will be run separate
- Will use standard MSHL order of events
- There will be food and drinks for coaches and volunteers

Questions call Chad at 612 965 7539