

Week 4 PARTII : RIVER VALLEY INVITE MS T & F 2025

RIVER VALLEY: The Big One! (Please read to the end)

Field: 4:00p

Running 4:15p

River Valley High School

660 Varsity Ave, Spring Green, WI

[ALL THE DETAILS](#)

[Entries by NAME](#)

[Entries by EVENT](#)

Hello everyone!

I think I have all of my email glitches worked out :(Please, if you are talking with other parents and are not getting communications, let me know.

I am begging Reedsburg to reschedule, but a lot of details need to come together. I'll keep you posted.

On Thursday, we have the River Valley Invite. This is the only meet we attend of this type where there are many teams and therefore limited entries. It's a big deal for those that love competition! It's a wonderful challenge everyone.

- Only 3 Lodi girls and 3 Lodi boys are allowed per individual event.
- Only 2 relay teams are allowed per relay event.
- This is the only meet where we make an effort to balance individual events with overall team points. We are trying to win the meet by earning points by event place finishes (1st place equals 10 points, 2nd place 8 points, and so on...). We also value all the people on our team participating since this is Middle School.
- There is a unique event called the Sprint Medley Relay (SMR 800). It is 4 runners: 100, 100, 200, 400, that adds up to 800 meters. Note, it is after the hurdles.

We are trying to score the most team points, while offering everyone the chance to compete. Not everyone gets to do 4 events, or their preferred events. We talked today at practice about being flexible and having a growth mindset. Also, bodies and abilities change from Middle School to High School. You never know what events you'll be good at later on, especially if you keep being coachable, open to new things, lifting weights, and working hard at practice.

I think we've put together a really great balance of entries. Everyone got a chance to talk with me at practice if they wanted to. If your child feels strongly about their entries, please encourage them to speak directly with me. Keep in mind, kids will largely get to choose, without limitations, what they would like to do for the rest of the meets this season.

Kids get out of school early at 2:30. Be sure you are checking that they are caught up on missing work for their last class of the day.

Take care,
Here's the Sunshine!!! On Thursday!
Coach Tonn