

Tri-Valley “Last Chance” Track Meet

Tri-Valley High School Athletic Complex

Pole Vault – Tuesday, May 20th, 1:00 pm @ Madison

May 22nd, 2025 – Javelin & High Jump 10:00 am

Field Events 1:00 pm – Running Events 2:00 pm

\$200 entry fee

- Entries Due:** Tuesday, May 20th, 2025 at 9:00 am for Pole Vault on Athletic.net
- Wednesday, May 21st, 2025 at 6:00 pm for all other Field Events
- **Submitted entries will be returned to coaches Wednesday for review.**
- Coaches/AD Meeting:** Thursday, May 22nd, 2025 – Track Shed on northeast corner of the track – Noon – No seed meeting.
- Rules/Regulations:** Review the track and field section of the SDHSAA Handbook.
- ***Please REVIEW the UNIFORM CODE*****
- Scoring:** Relays and Individual Events 10-8-6-5-4-3-2-1
- Number of Entries:** No more than 3 contestants in any individual event.
- Not more than one team in any relay.
- Jumps & Throws: 3 jumps/throws in prelims & 3 in finals; 9 to finals; place 8
- Facilities:** All-weather surface track
- 3/16” spikes or smaller pyramid spikes ONLY
- Violations by athletes will mean disqualification
- Team camps outside of the football field
- Please park buses on the east side of the complex

Implement Weighing: Track Shed – NE side of the complex.
Shot put and Discus weigh-ins will be conducted from 12:15 – 12:45 pm.

Notes: No tape or chalk on track or runways
Tennis balls or hockey pucks will be provided
Participants and Coaches only on the infield

Notes (Cont.) No electronic devices in the immediate competitive area.

Field Events: **10:00 am** Boys Javelin & Girls High Jump
Girls Javelin & Boys High Jump immediately following boys javelin & girls high jump

1:00 pm	2:15 pm (Approx.)
Girls Discus	Girls Shot Put
Boys Shot Put	Boys Discus
Boys Long Jump	Girls Long jump
Girls Triple Jump	Boys Triple jump

Running Events -(we will be using a running schedule.

2:00 pm	Boys 3200m Relay
	Girls 3200m Relay
	Boys 110m Hurdles
	Girls 100m Hurdles
	Boys 100m Dash-Finals
	Girls 100m Dash-Finals
	Boys 800m Relay
	Girls 800m Relay
	Boys 1600m Run

Girls 1600m Run

Boys 400m Relay

Girls 400m Relay

Boys 400m Dash

Girls 400m Dash

Boys 300m Hurdles

Girls 300m Hurdles

Boys 1600m Medley Relay

Girls 1600m Medley Relay

Boys 800m Run

Girls 800m Run

Boys 200m Dash

Girls 200m Dash

Boys 3200m Run

Girls 3200m Run

Boys 1600m Relay

Girls 1600m Relay