

# Welcome to the 2023 Prairie Relays



## PRAIRIE DU CHIEN RELAYS MONDAY, APRIL 17, 2023

This is the 70<sup>th</sup> annual running of the Prairie Relays. According to the historian for the Wisconsin Track Coaches Association, it is the second oldest continuous outdoor invitational in the state of Wisconsin. The first Prairie Relays was run on April 26, 1954 in a steady downpour on a muddy one-sixth mile track at the City Ball Park, and featured teams from Dodgeville, Prairie du Chien, Boscobel, Lancaster, and Fennimore. Dodgeville won the inaugural meet, topping Prairie du Chien by seven points. Over the years the meet has grown to as many as fifteen teams, including schools from the LaCrosse area and Iowa. In the mid-1980s, the PdC Girls Invitational was dropped and became part of the Prairie Relays.

This year's Prairie Relays features 14 teams. It will be run on **Monday, April 17, 2023, beginning at 4:15 p.m.** at the high school's 8-lane rubberized track facility.

This year's field is tremendous, featuring the following teams:

Belmont  
Fennimore  
Onalaska  
River Valley

Benton  
Iowa-Grant  
Platteville  
Viroqua

Cassville  
La Crosse Central  
Prairie du Chien

Dodge/Point  
Lancaster  
Richland Center

## 70th Annual Prairie du Chien Relays – April 17, 2023

Welcome to the 70<sup>th</sup> annual Prairie du Chien Relays. We're hoping for great weather and look forward to hosting a meet with such a high-quality group of teams.

The following teams will be participating:

Belmont	Benton	Cassville	Dodge/Point
Fennimore	Iowa-Grant	La Crosse Central	Lancaster
Onalaska	Platteville	Prairie du Chien	Richland Center
River Valley	Viroqua		

There will be a coaches meeting in the Fieldhouse on Court 1 (enter through Door 22). This will be for any scratches or other information that needs to be addressed. Please have your Pole Vault verification form available as well.

**Entry link is <https://wi.milesplit.com/>. The entry deadline is Sunday, 4/16/23, at 8:00 PM.**

The entry fee is \$120. Please bring the check with you the day of or send it to Prairie du Chien High School, Attn: Sara Godfrey, 800 East Crawford Street, Prairie du Chien, WI 53821.

Please be sure that your athletes are using no more than 1/4 inch pyramid spikes.

Scoring will be 10, 8, 6, 4, 2, 1 for 6 places.

Awards are medals for the top 3 places in all events and a team plaque for the first place teams.

*Each team is allowed 3 athletes per event and one team per relay.*

The games committee shall consist of the two WIAA starters, Andy Banasik (PDC) - meet manager, Rob Serres (Platteville) and Matt McGraw (Dodge/Point). This committee will serve as the final board of appeals.

Participating schools will provide a coach to serve as an exchange zone judge in the relays.

### 400 Meter Relay

Exchange Zone 1-Lanes 1-4: Belmont  
Lanes 5-8: Benton  
Exchange Zone 2-Lanes 1-4: Cassville  
Lanes 5-8: Dodge/Point  
Exchange Zone 3-Lanes 1-4: Fennimore  
Lanes 5-8: Iowa-Grant

### 800 Meter Relay

Exchange Zones 1 & 3-Lanes 1-4: La Crosse Central  
Lanes 5-8: Lancaster  
Exchange Zone 2- Lanes 1-4: Onalaska  
Lanes 5-8: Platteville

### Sprint Medley (1. yellow/yellow, 2. yellow/yellow, 3. blue/blue/ with cut)

Exchange Zone 1-Lanes 1-4: Prairie du Chien  
Lanes 5-8: Richland Center  
Exchange Zone 2-Lanes 1-4: River Valley  
Lanes 5-8: Viroqua

## ORDER OF EVENTS PRAIRIE RELAYS

3:45 Coaches Meeting in the Fieldhouse

4:15 Field Events:

- HIGH JUMP (GIRLS/BOYS) – Starting Heights = 4’ Girls, 5’ Boys (3 attempts)
- POLE VAULT (BOYS/GIRLS) – Starting Heights = 6’ Girls, 8’ Boys – going up 1’, then 6” (3 attempts)
- LONG JUMP (GIRLS/BOYS) – 4 jumps, no finals
- TRIPLE JUMP (BOYS/GIRLS) – 4 jumps, no finals
- SHOT PUT (GIRLS/BOYS) – 4 throws, no finals: **Scratch Lines: Shot: Girls-25’ –Boys 35’**
- DISCUS (BOYS/GIRLS) – 4 throws, no finals: **Scratch Lines: Discus: Girls- 70’-Boys 90’**

**\*\*One and a half hour time limit for each event\*\***

\*\*\* All Running Events will be Girls followed by Boys \*\*\*

\*\*\* **Times are tentative – we will run ahead of schedule if possible** \*\*\*

4:15 4 x 800 Meter Relay

4:40 100 Meter High Hurdles - TRIALS

110 Meter High Hurdles – TRIALS

5:05 100 Meter Dash - TRIALS

\*\*\*10 minute break following the boys 100 Meter Dash trials\*\*\*

5:30 100 High Hurdles – FINALS

5:40 110 High Hurdles – FINALS

5:50 100 Meter Dash – FINALS

6:00 1600 Meter Run

6:25 4 x 200 Meter Relay

6:45 400 Meter Dash

7:00 4 x 100 Meter Relay

7:15 300 Meter Hurdles

7:30 800 Meter Run

7:45 Sprint Medley Relay (100, 100, 200, 400) \*Do not have 200 meter dash, Sprint Medley Relay in lieu of\*

8:05 3200 Meter Run

8:40 4 x 400 Meter Relay

\*At the conclusion of the meet, awards will be handed out at the front of the press box\*

\*RESULTS WILL BE POSTED AT <http://www accuracetimeing.com/>