

54th Running of the Knights of Columbus Relays
 Saturday 29 April 2023
 Veterans Memorial Stadium

Start Time: There will be a coaches' meeting at 9AM in the South dressing room at Veterans Stadium. The national anthem will be at 9:45AM. Running Events will start at 10AM. Girls discus will begin at 9:30 AM. As soon as preliminary heat sheets have been completed, a time schedule will be provided. As a reference, the running events were finished by 4:30PM in 2018 (the last time the meet was conducted).

Enter the meet: Entries will be done through MileSplit at wi.milesplit.com.

Athletes will not be sectioned by large school/small school affiliation but will be assigned by seed times, heights and distances. This allows the best to compete against the best. Entry limitations: We will use the same entry policy as for Wisconsin regionals and sectionals: 1) One entry in each relay event 2) 28 individual event entries 3) A maximum limit of three in any individual event. Entries open: Thursday 19 April / Entries close: Thursday 27 April at 8 PM.

Schools are divided into large and small school divisions for team competition.

Large Schools	Enrollment	Small Schools	Enrollment
Central	1020	Adams Friendship	477
Franklin	1569	Aquinas	302
Hayward	567	Arcadia	418
Holmen	1228	Bangor	214
Logan	733	Blair Taylor	189
Onalaska	953	Boscobel	227
Winona	819	Cadott	260
		Cashton	194
		Mauston	404
		Mondovi	256
		Prairie Du Chien	373
		Viroqua	300
		Westby	308
		West Salem	592

Entry Fees for teams: \$150 per gender / \$300 for both genders
 Entry Fees for individuals: \$10 per individual / \$20 per relay team

Preliminary Heat Sheets will be posted on www accuracetimeing.com, by noon Friday 29 April.

Clerking: Report to the clerking area for all running events. All field events must check in at the competition venue.

Rules: 2023 WIAA Rules will be in effect, with one exception: after the preliminary heats in the 100, 100m hurdles and 110m hurdles, athletes will be advanced by time to the finals, not by place.

Venue Information: SPIKES: only ¼ inch pyramid or tree spikes are permitted.

Timing: Accuracing will use Finish Lynx as the primary system.

Scoring: Normal 10-8-6-5-4-3-2-1 will be in effect, with large and small school champions recognized.

Awards: Event winners will be recognized with medals.

Parking: Spectator parking is available in the Veteran's Memorial Stadium parking lot. Motor coach parking is available on Badger Street. This is a bus only access street, which is located directly west of the stadium.

Locker Rooms: No locker rooms will be provided

Trainer: A trainer will be located on the south end of the stadium.

Field events

Athletes competing in a field event will be able to check out to compete in another event but must return prepared to compete within 15 minutes of check out time.

Triple Jump & Long Jump will be contested as 4 jumps with no finals. Landing pits will be open 45 minutes prior to the meet starting for run throughs. Landing pits will then be open for run throughs after the completion of each session. Jumpers must compete within their designated time period.

The opening height for the high jump will be determined at the coaches meeting. The bar will then be raised 2" for the next 2 jumps, then every 1" after that.

The opening height for the girls' and boys' pole vault will be determined at the coaches meeting.

Throws:

Shot: Boys will throw first followed by the girls. Each athlete will get 4 throws and no finals. A scratch line will be used: Boys will be 35' and the girls will be 28'. If the throw is close to the scratch line, it will be measured. Warm ups will start at 9:30am. The event will start promptly at 10 AM, so all warming up will need to be completed by then. There will be a 10-minute warm up between each flight. You are allowed to use both rings when warming up. To help expedite the competition, if athletes could get another athlete to retrieve the shot after a throw, it would be very much appreciated.

FYI, there will be a UWL soccer game going on at some point during the shot put competition.

The shot-put throwing area is behind one of the soccer goals. We will have volunteers watching the soccer game to warn track athletes and spectators of any balls flying into the area. If by chance a soccer ball flies into the area while an athlete is throwing, it will be a judgment call of the clerk if they will be allowed to throw again due to the distraction.

Discus:

Girls will throw first followed by the boys. Each athlete will get 4 throws and no finals. A scratch line will be used: Boys will be 100' and the girls will be 75'. If the throw is close to the scratch line, it will be measured. Only flight one will be allowed to warm up in the competition ring beginning at 9:30am. Each flight after the first will need to use the ring by La Crosse St. The event will start promptly at 10 AM, so all warming up will need to be completed by then. There will be a volunteer who will go over and get the next flights when the previous round is ready to finish up. To help expedite the competition, if athletes could get another athlete to retrieve the discus after a throw, it would be very appreciated.

Relay Exchanges: We will need your help on the relay exchanges. Specifically, I need coaches from the schools below to position themselves to confirm that relay exchanges take place within the zone.

Relay Exchange Zone Responsibilities

4 x 200 Relay	Exchange Zones 1-3	Exchange Zone 2	
	Lanes 1-5 / Aquinas	Lanes 1-5 / Adams Friendship	
	Lanes 6-10 /	Lanes 6-10 / Arcadia	
	Exchange Zone 1	Exchange Zone 2	Exchange Zone 3
4 x 100 Relay	Incoming	Incoming	Incoming
	Lanes 1-5 / Onalaska	Lanes 1-5 / Winona	Lanes 1-5 / Boscobel
	Lanes 6-10 / Franklin	Lanes 6-10 / Mauston	Lanes 6-10 / Cadott
	Outgoing	Outgoing	Outgoing
	Lanes 1-5 / Cashton	Lanes 1-5 / Westby	Lanes 1-5 / Logan
	Lanes 6-10 / Viroqua	Lanes 6-10 / West Salem	Lanes 6-10 / Central

Below is the order of events.

100m Hurdles Prelims	Girls		Shot Put	Girls
110m Hurdle Prelims	Boys		Shot Put (boys follow girls)	Boys
100m Dash Prelims	Girls		Discus (girls follow boys)	Girls
100m Dash Prelims	Boys		Discus	Boys
Distance Medley (1200-400-800-1600)	Girls		Pole Vault	Girls
Distance Medley(1200-400-800-1600)	Boys		Pole Vault	Boys
110m Hurdle Final	Boys		High Jump	Girls
100m Hurdle Final	Girls		High Jump	Boys
100m Dash Final	Girls		Long Jump	Girls
100m Dash Final	Boys		Long Jump	Boys
1600m Run	Girls		Triple Jump	Girls
1600m Run	Boys		Triple Jump	Boys
4 x 200 Relay	Girls			
4 x 200 Relay	Boys			

400m Dash	Girls		
400m Dash	Boys		
4 x 100 Relay	Girls		
4 x 100 Relay	Boys		
300m Hurdles	Girls		
300m Hurdles	Boys		
800m Run	Girls		
800m Run	Boys		
200m Dash	Girls		
200m Dash	Boys		
3200m Run	Girls		
3200m Run	Boys		
4 x 400m Relay	Girls		
4 x 400m Relay	Boys		

The last year we hosted the KC Relays, 2018, we had 890 athletes competing from 24 schools. Our goal is to conduct this meet as efficiently as possible without sacrificing the performance of the competitors. Last year we were able to finish the running events 45 minutes ahead of our schedule. This is how you can help:

- 1) Have your athletes get their race numbers sooner, rather than later
- 2) Have your athletes report to their starting blocks, not the starting line.
- 3) Have relay members report to their relay zones not the starting line.