



Track Coaches and Athletic Directors,

Welcome to the 2024 Wolverine Relays! This meet will take place on Thursday, May 2nd. We are excited to have the privilege to host the meet Paullina.

- 1. Field events will begin at 4:00 p.m.** All scratches in field events will be reported to the field event judge. High jump will start at 4'4" for the girls and 5'0" for the boys. The high jump surface is all weather; you may wear spikes if desired. In the shot put, discus, and long jump, each athlete has 4 attempts. All attempts are final.
- 2. Running events will start at 4:15.** Our track is an all-weather track. Your athletes will need to wear 1/8" or shorter spikes. Athletes who do not comply with this rule will be disqualified for the meet.
- 3. Entries:** For field events and individual running events you may enter two athletes. Schools will be limited to one relay team per relay event. NO prelims.
- 4. Registration:** This will once again be completed online. Your entries will be made through Varsity Bound. Click on the Meet Entries link through your varsity track program. Registration **will close at 11:00AM, Thursday, May 2nd.** If an athlete is injured or sick, please make your changes on the registration link before 11:00AM the day of the meet. **There will be no changes at the track – only scratches.**
- 5. Scoring:** 10-8-6-4-2-1 for all individual events and all relays. Medals will be awarded to the first five places in individual events. Medals will be awarded to the first three places in relays.
- 6. Entry Fee:** \$100 per team or \$200 for COED squad. Please mail your check to South O'Brien CSD or bring with you to the meet.
- 7. Admission:** \$6 for Adults and Students.
- 8. JV Events:** There will be the following JV events with an entry limit of 4 per individual event and 1 per relay: shot put, long jump, 100M, 1500/1600 M, the Sprint Medley Relay, 4X100 and the 4X200 relays. The JV events will not be scored or awarded medals/ribbons.
- 9. Results will NOT be handed out at the end of the meet.** They will be emailed to you when they can be compiled. Medals can be picked up in the press box after the meet.
- 10. NO team camps allowed on the infield or around the entrance and concession stand.** Please remind your teams not to congregate on the infield area or near the starting lines. A garbage bag will be provided for each team. **Please pick up the trash in your camp area following the meet.**

Central Office

216 S Rutledge
PO Box 638
Paullina, IA 51046
712.949.2115

JH-HS Office

307 W Groesbeck
PO Box 638
Paullina, IA 51046
712.949.3454

Elem Office

155 3rd ST NE
PO Box P
Primghar, IA 51245
712.957.3755

Superintendent JH-HS Principal Athletic Director

Wade Riley Denise Phillips Heath Reichle

Integrity - Teamwork - Kindness



SOUTH O'BRIEN SCHOOL DISTRICT

SCHEDULE OF EVENTS

- 4:00** Shot Put-Girls (V&JV) followed by Boys (V&JV)
Discus-Boys (V) followed by Girls (V)
Long Jump-Boys (V&JV) followed by Girls (V&JV)
High Jump-Girls (V) followed by Boys (V)
- 4:15** Sprint Medley Relay (JVG)
Sprint Medley Relay (G)
Sprint Medley Relay (JVB)
Sprint Medley Relay (B)
3000 Meter Run (G)
3200 Meter Run (B)
4 x 800 Meter Relay (G)
4 x 800 Meter Relay (B)
Shuttle Hurdle Relay (G)
Shuttle Hurdle Relay (B)
100 Meter Dash (JVG)
100 Meter Dash (G)
100 Meter Dash (JVB)
100 Meter Dash (B)
Distance Medley Relay (G)
Distance Medley Relay (B)
400 Meter Dash (G)
400 Meter Dash (B)
4 x 200 Meter Relay (JVG)
4 x 200 Meter Relay (G)
4 x 200 Meter Relay (JVB)
4 x 200 Meter Relay (B)
100 Meter Hurdles (JVG)
100 Meter Hurdles (G)
110 Meter Hurdles (JVB)
110 Meter Hurdles (B)
800 Meter Run (G)
800 Meter Run (B)
200 Meter Dash (G)
200 Meter Dash (B)
400 Meter Hurdles (G)
400 Meter Hurdles (B)
1500 Meter Run (JV&VG)
1600 Meter Run (JV&VB)
4 x 100 Meter Relay (JVG)
4 x 100 Meter Relay (G)
4 x 100 Meter Relay (JVB)
4 x 100 Meter Relay (B)
4 x 400 Meter Relay (G)
4 x 400 Meter Relay (B)

PARTICIPATING SCHOOLS

Alta-Aurelia
George-Little Rock
Hartley-Melvin-Sanborn
Sioux Central
Trinity Christian
West Bend-Mallard
South O'Brien

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