



To : Girls Track Coaches of:

Brown Deer	Martin Luther	Nicolet	WF Bay
Franklin	Milw. King	Oak Creek	
Germantown	Milw. Riverside	Racine Horlick	
Grafton	Muskego	Slinger	
Tremper	NB Eisenhower	Vincent	

From: Jason Kasmarick, Activities Director

Date: 3/9/17

Re: Lois Wolf Indoor Track Invitational on Monday, March 20, 2017

We are pleased to host an indoor track meet involving your teams on Monday, March 20, 2017. Following is some information pertaining to the meet:

1. Whitefish Bay has a Mondo/rubber surface, which is 160 meters around. Athletes may NOT wear any type of spike. Blocks will be provided.
2. *Entries will be done online via www.pttiding.com. Look under Upcoming Events for this meet. Entries will open on Tuesday, March 14th.*
The deadline for entries is noon on Saturday, March 18.
Scratches with replacements may be done at the Coaches' meeting. There will be no reseeding. Heats may be combined due to scratches. Coaches' meeting at 4:00 in the Team Room at the north end of the Fieldhouse.
3. Teams are permitted one entry per event PLUS 3 additional wild card individual entries. An athlete may compete in a maximum of three events. Participation in a relay counts as an event. No school may have more than 2 entries in any event.
4. Medals for 1st-3rd place, and team trophies for 1st and 2nd will be presented. Full results will be available in the Fieldhouse lobby after the meet. Scoring in all events is 10-8-6-4-2-1.
5. The High Jump will start at 4'4" and progress to 4'8"-4'10"-5'0", etc and run through to completion.
6. The Pole Vault starting height will be determined at the coaches' meeting.
7. Each athlete in the Shot Put will be allowed 4 throws. No finals. Two flights.
8. The Long Jump will be run "cafeteria style" in two flights. Each athlete will be allowed 4 jumps. No finals.
9. ALL NON-COMPETITORS, INCLUDING COACHES, MUST STAY OUT OF THE INFIELD AND JUDGING AREAS.
10. Admission for fans will be \$5 for adults and \$3 for students.
11. Locker rooms are not available. Please have athletes come dressed to compete.

TIME SCHEDULE: The following schedule is approximate.

3:30 PM Fieldhouse opens for warm-ups
4:00 PM Coaches meeting in North Team room in Fieldhouse
4:30 PM Field events begin
4:30 PM 55 meter Hurdles Prelims (5 lanes....5 fastest to finals, 6th fastest scores)
55 meter Dash Prelims (6 lanes.....6 fastest to finals)

FINALS

3200 meter Relay
55 meter Hurdle Finals
55 meter Dash Finals
1600 meter Run
4 Lap(640 meter) Relay
400 meter Dash
800 meter Run
200 meter Dash
3200 meter Run
1600 meter Relay

If you have any questions, please contact Jason Kasmarick at 414-963-3972.

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