



CEDARBURG HIGH SCHOOL
Dave Pentek, Athletic Director

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FROM: Paul Smith, Head Girls' Track Coach

RE: BULLDOG INDOOR TRACK MEET
Tuesday March 21nd, 2017 (Girls Meet)

TEAMS: Cedarburg (V&JV), DSHA (JV), Sheboygan North (V&JV) Saint Thomas More (V&JV),

ENTRIES: (4 Varsity and JV) per individual event and (1 Varsity and JV) per relay.
This meet is open to all JV and Varsity athletes and will be scored separately.

Cedarburg is pleased to host your school at our Indoor facility. Please be aware of the following:

1. No spikes will be permitted
2. 4-lane track (4-lane straightaway).
3. Concessions will be available.
4. Coaches/Scratch Meeting at **3:30 PM**
5. **4:00 PM – FIELD EVENTS BEGIN and 3200m Run (JV and Varsity)**
 - a. Pole Vault – Starting height TBD at coaches' meeting
 - b. High Jump – Starting height TBD at coaches' meeting
 - c. Shot Put – (4) throws, no finals. (Vintage Gym, follow signs)
 - d. Long Jump – (4) jumps, open pit, no finals
4:00 to 5:15 PM
7. **4:30 PM – RUNNING EVENTS (JV run first then Varsity)**

Timed Finals

 - 55 M HH
 - 55 M
 - 3200 M relay
 - 1600 M Run
 - 4x1 lap relay
 - 400 M Run
 - 800 M Run
 - 200 M Dash
 - 4x400 M relay

SCORING: 5-Places for Individual Events (6-4-3-2-1)
 4-Places for Relays (6-4-2)

Locker rooms will not be available; bathrooms are available next to concessions

If you have any questions, please call Paul Smith at (847) 345-2397 or email at psmith@cedarburg.k12.wi.us

ENTRIES:

4 entries for individual events Varsity and JV and 1 entries Varsity and Jv for relays. Make sure that you enter the correct level of athlete (Varsity in varsity and JV in JV) in the correct meet entry spot. A single athlete may only compete in (4) events (max of (3) running or field). All entries must be received by **Sunday, March 19th @ noon**. Scratches and replacements will only be allowed at the coaches meeting. No additions past the dead line. **NO EXCEPTIONS**

Entry Procedure

All entries will be submitted on-line at PT-Timing (www.pttiming.com). Check the PT timing web site for registration. During this time period you are able to add athletes and edit entries anytime during this time period. Deadline for entries is two days prior to meet date at noon, **Sunday, March 19th @ noon**. Directions to the on line entries are on the PT Timing web site. Please declare your entries on time. If you have any questions please email me or call me. psmith@cedarburg.k12.wi.us or 262-376-6339