

-----> **TOMAHAWK HIGH SCHOOL** <-----
TRACK & FIELD

TRK
Coach Katie Carlson Coach Alyssa Zimmerman Coach Bill Turgeon Coach Greg Dirkx
Coach Gary Miller Coach Kurt Cordova Coach Amanda Johnson
TRK TRK

March 13, 2017

Coaches :

I hope this letter finds you off to a great start on your season! Enclosed is a list of events and a time schedule for our **CO-ED** indoor meet on March 23, 2017 (see notation below, i.e. order of 2 mile at 4:30 sharp). **Field events will start at 4:30 p.m. sharp, with running events (except 2 mile) to begin at 5:00 p.m. The facilities will be ready for your arrival at 4:00 p.m., with a coaches informational meeting at that time also.** If your athletes wish to change here, have them bring their own locks and towels. Teams competing: Mercer, Prentice, and Tomahawk.

Entries limits: unlimited
Scoring will be 5:3:1 (individual events) and 5:0 relays.
Only one relay and up to three individuals may score per team.
We will be using on-line entry system at www.pttiming.com.

After the entry deadline no changes/substitutions will be allowed. Meet day scratches only! Many of the events will have heats because of the width of the oval track, and the safety factor. Entry fee was stipulated on the contract. We have a new wood floor in the field house, so the shot put event will be held in the middle school multi-purpose room. The event workers will be provided with a walkie-talkie to be in contact with the announcer in the field house so that athletes do not miss events.

We look forward to your teams' participation in our indoor season. If you have any questions please call at 453-2126 ext 123.

	<u>FIELD EVENTS</u>	<u>RUNNING</u>
4:30	High Jump(G) Shot Put (B) Long Jump (60 min OP) Triple Jump (after LJ) Pole Vault (Co-Ed)	4:30 20 Lap Run (Co-Ed) 5:00 40 M Highs 40 M Dash 10 Lap Run 8 Lap Relay 3 Lap Run 40 M Low/Int Hurdles 5 Lap Run 2 Lap Run 12 Lap Relay

*** only competitors will be allowed on the upstairs track during competition for safety reasons-- please keep your athletes aware of this....coaches are welcome in the adjoining wrestling room (the area for staging consecutive races upstairs).

Sincerely,
Katie Carlson
T.H.S. Track
Katie Carlson, Head Coach

**F.Y.I. 10 Laps = 1 mile (176 yds per lap)
still no spikes or plates allowed (indoor flats only)**