

Early Bird Indoor
Hosted by G-E-T High School
Gostomski Fieldhouse at Saint Mary's University, Winona, MN
Thursday March 23, 2017

- Teams:** Bangor, Ellsworth, G-E-T, La Crosse Central, Tomah, Sparta, West Salem
- Time:** Coaches meeting will be held at 3:30, field events begin at 4:00 and running events at 4:30. Events will run on a rolling schedule.
- Entry:** Entries will be done online at <http://www.pttiming.com>
- Entries will open on Friday, March 17 at 8:00 am and will close at noon on Tuesday, March 21. Please visit the site well enough in advance so you have adequate time in case there are questions.
- The entry fee is \$250 per school \$125 Boys/\$125 Girls – **make checks payable to Galesville-Ettrick-Trempealeau School District.**
- Schools may enter up to 6 shot putters, 3 athletes for other events, and 1 relay team.
- Facility:** The facility includes a 200 meter Martin surface. The throws circle is wood. The long/triple jump and pole vault runways allow for ¼ inch pyramid spikes. There are no spikes allowed on the blue recreation surface which includes the high jump area.
- Spikes:** ¼ inch pyramids only. DO NOT WEAR SPIKES ANYWHERE BUT ON THE TRACK and RUNWAYS.
- Scoring:** This is a non-scored meet. No finals. No awards. It is intended to give kids an early opportunity to compete.
- PV/HJ:** Opening heights will be determined at coaches meeting.
- Admission:** \$5 Adults \$3 Students 12 and under free
- Contact:** Pete Peterson – Activities Director, GET High School
608-525-4571 or petepeterson@getschools.k12.wi.us
Niels Anderson – Track and Field Coach, Saint Mary's University
608-397-9648 or nanderso@smumn.edu

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- 3:30 Coaches Meeting
- 4:00 Boys HJ – followed by girls
Girls PV – followed by boys
Boys Shot – followed by girls (4 throws)
Long Jump – Boys and Girls open pit from 4:00-5:30 (4 jumps)
- 4:30 Running Events
- 5:45 Triple Jump – Boys and girls open pit from 5:45-7:00 (4 jumps)

Order of Events

We will operate on a rolling time schedule. Athletes need to listen for race calls and announced start times for field events

4 x 800 M Relay
55 M Hurdles
55 M Dash
1600 M Run
Sprint Medley Relay (200 / 200 / 400 / 800)
400 M Dash
800 M Run
200 M Dash
4 x 400 M Relay

Hard copy results will be available following the meet and posted on line at: www.pttiming.com