

Ladysmith Track & Field Meet

Middle School Invite

Date/Schedule	Friday, April 21st Coaches Meeting – 4:00 p.m. (Scratches only) In the press box Field Events Begin – 4:30 p.m. Running Events Begin – 5:15 p.m.
Location	Ladysmith Middle/High School (formerly just Ladysmith High School)
Entry Fee	\$100 – Please make payable to Ladysmith School District
Entries	Go to pttiming.com . Complete entries 2 days prior to this meet by 11:59 a.m. Failure to meet this deadline will result in a \$50 Late Entry Fee to reopen entries. Heat sheets will be posted on pttiming.com prior to the meet Limit of 5 entries per individual event Unlimited entries for relays - no need to declare relay entries
Events Order/Times	Running Events - Standard Order (Finals Only) Long & Triple Jump (Boys & Girls - Open Pit – 4 jumps – 4:30-5:30) Shot Put (Boys, then Girls) – In Flights, if needed Discus (Girls, then Boys) – In Flights, in needed High Jump (Boys, then Girls) – 5 Alive Pole Vault (Girls, then Boys) – 5 Alive *We will be running all the High School events except the 4x800m Relay, 300m Hurdles, and 3200m Run.
Scoring	Based on the number of competing schools
Teams Competing	Bloomer, Bruce, Flambeau, Hayward, Lake Holcombe/Cornell
Results	Posted on PTtiming after the meet
Medals/Trophies	Ribbons will be awarded to the top 3 finishers in each event.
Track/Spikes	6 lane rubberized track ¼ inch spikes are allowed for all running and jump events
Parking	Parking lot east of the high school
Other	Please pick up garbage NO PETS!! Concessions will be available New Pole Vault mats this year! Newer High Jump mats this year! Starting Blocks are available, 10 Hurdles for 100m Hurdles Race, 9 ft. LJ Board, 21 ft. TJ Board, 1 kg. Discus for boys & girls, 8.8lb. Shot Put for boys, 6 lb. Shot Put for girls
Questions	Contact Jake Ebner (coach) at jebner@sdlwi.org