

**West Salem High School Invitational
Saint Mary's University, Outdoor Athletic Complex
Saturday, April 22nd, 2017**

- Time:** Coaches meeting will be held at 2:30 pm, field events at 3:00 pm and running events at 4:00 pm
- Teams:** Contracted teams: Boyceville, Cochrane-Fountain City, Colfax, Onalaska Luther, Riverdale, Whitehall, and West Salem.
- Entry:** Entries will be done online at <http://www.pttiming.com>
- Entries will close at noon on Thursday, April 20th. Please visit the site well in advance so you have adequate time in case there are questions.
- Contact meet director, Niels Anderson, at nanderso@smumn.edu or at (608) 397 – 9648 with questions or concerns
- Four entries per individual event, unlimited relays
 - Scratches only the day of the meet – no additions, please
 - Entry fee is \$125 per team or \$250 for both boys and girls; please make checks payable to **West Salem Running Club**
 - Heat Sheets will be posted by 6:00pm Friday, April 21st at www.pttiming.com
 - Opening heights for PV and HJ will be determined after review of entrants and released to coaches at the coaches meeting.
- Facility:** The 9-lane track and event areas are an embedded Beynon BS 1000 polyurethane – same surface as the WIAA State Meet
- ¼” spikes are allowed for all running events, pole vault, high jump, and horizontal jumps; no pins or Christmas trees, please
 - Portable toilets outside, and access to indoor facilities and emergency shelter in the Toner Student Center and Recreation Athletic Complex
 - Only team camps will be allowed on the infield --- **No Staking Of Tents!**
 - Spectators will be permitted on the asphalt walking path surrounding the track
- Pertinent Field Event Information:
- High Jump/Pole Vault – 5-alive method will be utilized
 - Long Jump – Open Pit --- 4 Jumps --- No Finals
 - Triple Jump – Open Pit --- 4 Jumps --- No Finals
 - All throwing rings are concrete – Shot Put and Discus --- 4 Throws --- No Finals
- Timing:** Fully automatic timing with FinishLynx
- Scoring:** This meet will be scored 10, 8, 6, 5, 4, 3, 2, 1 – only one scoring relay team per school
- Awards:** Team trophies for 1st and 2nd place; medals for 1st and 2nd place individuals and relays
- Clerking:** Hip numbers for all running events need to be picked up at the staging area near the 100 dash start line after the first call for that event. All races will be clerked at the starting line of each respective race.
- Results:** Results will be made available immediately online at: www.pttiming.com
- Parking:** Automobile parking is available in Saint Mary's Commuter Lots

Training: A certified athletic trainer will be available for this meet --- Please bring your own supplies.

Contact: Niels Anderson– nanderso@smumn.edu 507-457-1623 (Work) 608-397-9648 (Cell)
LeRoy Krall – Krall.Leroy@wsalem.k12.wi.us 608-397-2672 (Cell)

Admission: Adults and Students - \$5.00 / Pre-School - Free Concessions will be available

Schedule:

Field Events:

3:00 pm High Jump – Girls, followed by Boys
Pole Vault – Boys, followed by Girls
Long Jump – Girls at 3:00 – 5:00, followed by Boys at 5:30 – 7:30
Triple Jump – Boys at 3:00 – 5:00, followed by Girls at 5:30 – 7:30
Discus Throw – Girls, followed by Boys
Shot Put – Boys, followed by Girls

Track Events:

Rolling Schedule will be in place starting at 4:00 pm

4:00 pm 4 x 800 m Relay (G)
4 x 800 m Relay (B)
100 m High Hurdles (G)
110 m High Hurdles (B)
100 m Dash (G)
100 m Dash (B)
1600 m Run (G)
1600 m Run (B)
4 x 200 m Relay (G)
4 x 200 m Relay (B)
400 m Dash (G)
400 m Dash (B)
4 x 100 m Relay (G)
4 x 100 m Relay (B)
300 m Low Hurdles (G)
300 m Intermediate Hurdles (B)
800 m Run (G)
800 m Run (B)
200 m Dash (G)
200 m Dash (B)
3200 m Run (G)
3200 m Run (B)
4 x 400 m Relay (G)
4 x 400 m Relay (B)