

**Early Bird Indoor**  
**Hosted by G-E-T High School**  
**Gostomski Fieldhouse at Saint Mary's University, Winona, MN**  
**Tuesday March 20, 2018**

Teams: Bangor, Ellsworth, G-E-T, La Crosse Central, Tomah, Sparta, Viroqua, 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 Thursday, March 15 at 8:00 am and will close at noon on Monday, March 19. 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](mailto:petepeterson@getschools.k12.wi.us)  
Niels Anderson – Track and Field Coach, Saint Mary's University  
608-397-9648 or [nanderso@smumn.edu](mailto: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 \*\*\*(If feasible, the 4X800 will be run outdoors)  
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 online at: [www.pttiming.com](http://www.pttiming.com)