

Dairyland Indoor Track and Field Meet  
Hosted by Independence High School  
Gostomski Fieldhouse @Saint Mary's University, Winona, MN  
Monday, March 19th, 2018

**Teams:** Alma/Pepin, Augusta, Blair-Taylor, Cochrane/Fountain City, Independence/Gilmanton, Lincoln, Melrose-Mindoro, Whitehall

**Time:** Coaches meeting will be held at 3:30, field events begin at 4:00 and running events at 4:30. *Events will be on a rolling schedule.*

**Entries:** Entries will be done online at [www.pttiming.com](http://www.pttiming.com)

Entries will open on Wednesday, March 14th at 8:00 A.M. and will close at noon on Saturday, March 17<sup>th</sup>. Please visit the site well in advance so you have adequate time in case questions arise.

The entry fee is \$200 per school for both genders. Make checks payable to Independence School District.

Schools may enter up to 3 athletes per event with the following exceptions:

- Up to 4 entries in the 55 M Dash
- Up to 4 entries in the 1600 M Run
- Up to 6 entries in the Shot Put
- You may also enter multiple teams in relay events-please designate your teams with "A", "B", etc. when you submit entries.

*Implements for both the boys' and girls' shot put will be provided for competition.*

**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.** Please use this as a point of instruction to your athletes.

**Spikes:** ¼ inch pyramids only. Please restrict use of spikes to the track and horizontal jump runways.

**Scoring:** This meet will not be scored. No finals. No awards. It is intended to give athletes an early opportunity to compete.

**Pole Vault/  
High Jump** Opening heights will be determined at the coaches meeting.

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**Admission:** Adults: \$5.00      Students: \$3.00      12 and under free

**Contacts:** Barry Schmitt- Athletic Director, Independence High School  
(715) 985-3172 Ext. 105 or [schmittb@indps.k12.wi.us](mailto:schmittb@indps.k12.wi.us) (School)  
(715) 533-0908 (Cell)

Niels Anderson- Track and Field Coach, Saint Mary's University  
(608) 397 – 9648 or [nanderso@smumn.edu](mailto:nanderso@smumn.edu)

### TIME SCHEDULE

3:30	Coaches Meeting
4:00	Girls High Jump followed by boys Boys Pole Vault followed by girls Boys Shot Put followed by girls 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. Girls will run first in each event followed by boys.

4 x 800 Meter Relay  
55 Meter Hurdles  
55 Meter Dash  
1600 Meter Run  
4 x 200 Meter Relay  
400 Meter Dash  
800 Meter Run  
200 Meter Dash  
4 x 400 Meter Relay

Hard copy results will be available following the meet and posted on line at  
[www.pttiming.com](http://www.pttiming.com)