

-----> **TOMAHAWK HIGH SCHOOL** <-----
TRACK & FIELD

Coaches :

I hope this letter finds you off to a great start on your season! Enclosed is a list of events and a time schedule for our **CO-ED** indoor meet on March 22, 2018 (see notation below, i.e. order of 2 mile at 4:30 sharp). **Field events and the 20 lap run will start at 4:30. The facilities will be ready for your arrival at 4:00 p.m., with a coach's informational meeting at that time also.** If your athletes wish to change here, have them bring their own locks and towels. Teams competing: Mercer, Prentice, and Tomahawk.

Entries limits: unlimited

Scoring will be 5:3:1 (individual events) and 5:0 relays.

Only one relay and up to three individuals may score per team.

We will be using on-line entry system at www.pttiming.com.

After the entry deadline no changes/substitutions will be allowed. Meet day scratches only! Many of the events will have heats because of the width of the oval track, and the safety factor. Entry fee was stipulated on the contract. The shot put event will be held in the middle school multi-purpose room. The event workers will be provided with a walkie-talkie to be in contact with the announcer in the field house so that athletes do not miss events.

We look forward to your teams' participation in our indoor season.

	<u>FIELD EVENTS</u>		<u>RUNNING</u>
4:30	High Jump(G)	4:30	20 Lap Run (Co-Ed)
	Shot Put (B)	5:00	40 M Highs
	Long Jump (60 min OP)		40 M Dash
	Triple Jump (after LJ)		10 Lap Run
	Pole Vault (Co-Ed)		8 Lap Relay
			3 Lap Run
			40 M Low/Int Hurdles
			5 Lap Run
			2 Lap Run
			12 Lap Relay

*** only competitors will be allowed on the upstairs track during competition for safety reasons-- please keep your athletes aware of this....coaches are welcome in the adjoining wrestling room (the area for staging consecutive races upstairs).

Sincerely,
Katie Carlson
T.H.S. Track
Katie Carlson, Head Coach

F.Y.I. 10 Laps = 1 mile (176 yds per lap)
still no spikes or plates allowed (indoor flats only)