

Longfellow Middle School Track Meet

Central Track 1801 Losey Blvd La Crosse, WI

Monday, April 16th

Schools Attending: La Crosse Longfellow, Holmen, Tomah, Cashton, Providence Academy

Start Time: Field Events: 4:30 Running Events: 4:45

Entries must be completed through Prime Time Timing (<http://entries.pttiming.com/meets/87930663/summary>)

Entries are due on Friday, April 13th

PT Timing will charge a \$50 late fee to add athletes after the deadline. (Email info@pttiming.com to re-open a meet)

An individual may compete in a maximum of four events, but not more than three running or three field events.

Coaches, please make scratches/substitutions at the timing table before the meet begins.

Coaches do not need to declare relay team members in advance, but athletes are still limited to the regular 4 event maximum.

Running Events (Girls first)

100 Meter Hurdles (5 hurdles) 100 Meter Dash

1600 Meter Run

800 Meter Relay (4x200), 400 Meter Dash

400 Meter Relay (4x100), 200 Meter Hurdles

800 Meter Run, 200 Meter Dash

1600 Meter Relay (4x400)

Field Events (run simultaneously as the running events)

Long and Triple Jump - Boys and girls combined cafeteria-style

High Jump - Boys first. Limited to three jumpers per team

Shot Put - Boys and girls combined - No Discus

Entries/heat sheets may be posted online.

*Contact Information - Jon Morschhauser, Alan Wunsch (Head Coaches) or Charlie Curtis (Longfellow Athletic Director).

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