

-----> **TOMAHAWK MIDDLE SCHOOL** <-----  
**TRACK & FIELD (Indoor)**

*April, 3 2018*

*Middle School 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 April 17, 2018. **Field events will start at 4:15 p.m. sharp, with running events to begin at 5:00 p.m.** The facilities will be ready for your arrival at no earlier than **3:30 p.m.**, with a **coaches informational meeting at that time also.** If your athletes wish to change here, have them bring their own locks and towels. Teams competing: Minocqua-Hazelhurst-Lake Tomahawk (MHLT) and Tomahawk.

Entries limits: 10 per event and two relays  
Scoring will be 5:3:1 (individual events) and 5:0 relays.

We will be using on-line entry system at **www.pttiming.com**. Entry deadline is **noon on Saturday, April 14**. It is mandatory that entries are completed by the deadline. After the entry deadline no changes/substitutions will be allowed. Not meeting the entry deadline will result in a **\$50 fee payable to pttiming** for the unnecessary delay. Plan on entering your team rosters as soon as possible, and then allow ample time to enter your athletes with events, times and distances by the deadline.

Please be as accurate as possible with times/distances, using times/distances from practice this year or anticipated times/distances. I have also attached another document that has times that have been run by our athletes in the past. If you are not sure guesstimate times based on who your fastest athlete is. 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. We have a new wood floor in the field house, so 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. If you have any questions please call at 715-9669-3408

**FIELD EVENTS**

4:15 *High Jump(G)*  
*Shot Put (B)*  
*Long Jump (75 min OP)*  
*Triple Jump (after LJ)*  
*Pole Vault (Co-Ed)*

**RUNNING**

5:00 *40 M Hurdles-G*  
*45 M Hurdles-B*  
*40 M Dash*  
*10 Lap Run*  
*8 Lap Relay*  
*3 Lap Run*  
*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,*  
*Andrew Pissig*

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