



To: MS Track Coaches of
Amery, Boyceville, Clayton, Elmwood, Glenwood City, Turtle Lake,
New Auburn, Prairie Farm, Unity

Regarding: MS Track Meet at Clear Lake High School - Thursday, April 19th 2018

From: Dale Rosen Athletic Director, Clear Lake High School

Contact: Dale Rosen- 715-263-2117 (school), drosen@clwarriors.org

Starting Time: Short Scratch Meeting outside the press box at **4:00 pm**

- **Field events**-Plan on starting at **4:15 pm**. (girls discus followed by boys, girls high jump followed by boys, boys shot put followed by girls, open pit for long and triple jumps-boys and girls together.) The runways for long and triple jump are rubber if your athletes would like to wear 1/4" spikes.
 - **NO pole vault** and **NO triple jump!**
 - High Jump starting at 3'8" for girls and 4'4" for boys.
- **Running events**-plan on starting at **4:30 pm**. In some running events we will try to combine boys and girls in one heat.

Details:

- **Order of Events:** 100m Hurdles, 100m Dash (A and B Heat), 1600m Run, 4x200m Relay, 400m Dash, 4x100m Relay, 800m Run, 200m Dash (A and B Heat), 4x400m Relay
- 1. 400 meter-rubber track; Runways for long and triple jump are rubber. No spikes larger than 1/4" may be used. **All events will be staged at the north end of the track; please advise your athletes of this procedure.**
- 2. Discus and shot pads are concrete.
- 3. Port-A-Potties will be available just outside the track area.
- 4. **Entry Limit** - Each school may enter **3** individuals per **running event**, only **1** relay team, and **4 entries per field event**. Also a maximum of **3** events/athlete: 2 field events and 1 running event **OR** 2 running events and 1 field event.
- 5. There will be an A and B heat for the 100 and 200 meter dash. Each team can have up to 3 individuals in the B heats. B heat events will not count for team points.
- 6. **Registration for this meet will be done through PT Timing.** Please enter your athletes on the PT Timing website at www.pttiming.com; take note of the deadline listed on PT timing. Deadline: **Tuesday, April 17th NOON**
- 7. The meet cost for each school is **\$75**. Make checks payable to **Clear Lake Schools** and to the attention of **Dale Rosen** at **1101 3rd Street SW, Clear Lake, WI 54005**.
- 8. There will be a concession stand available!
- 9. Teams should set up "camps" outside the main track area. **No teams** will be allowed to set up in the infield.