



To: Track Coaches of;  
**Amery, Cumberland, Frederic, Glenwood City, Grantsburg, New Auburn, Prairie Farm, Siren, Spring Valley, TL/Clayton, Webster**

**Regarding:** Varsity Track Meet at Clear Lake High School- Tuesday, April 17<sup>th</sup> 2018

**From:** Dale Rosen, Athletic Director, Clear Lake High School

**Contact:** Dale Rosen- 715-263-2117 (school), [drosen@clwarriors.org](mailto:drosen@clwarriors.org)  
Kent Hughes – 715-263-2113 (school) [khughes@clwarriors.org](mailto:khughes@clwarriors.org)

**Starting Time:** Short Scratch Meeting outside the press box at **4:15 pm**

- Field Events - **4:30 pm** Running - **4:45pm**

- **Field events**-Plan on starting at **4:30 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.
- Competitors will be allowed 3 throws in the shot and discus events and 3 jumps in the long and triple jumps with no finals.
- **Running events**-plan on starting at **4:45 pm**. with the 3200M relay. In some running events we will try to combine boys and girls in one heat, specifically the 3200M relay and 3200M run.

## Details

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** and only **1** relay team, but there will be **a limit of 4 field entries/event/team**.
5. **Registration for this meet will be done through PT Timing**. Please enter your athletes on the PT Timing website at [www.pttiming.com](http://www.pttiming.com) by **4/15 midnight (Sunday)**.
6. The meet cost for each school is **\$100**. Make checks payable to **Clear Lake Schools** and to the attention of **Dale Rosen** at **1101 3<sup>rd</sup> Street SW, Clear Lake, WI 54005**.
7. There will be a concession stand available!
8. Teams should set up "camps" outside the main track area. **No teams**, will be allowed to set up in the infield.