

G-E-T Track Meet Info

Thursday, April 19, 2018

4:00

Teams: Alma/Pepin, Arcadia, Black River Falls, Blair-Taylor, CFC, Independence, Whitehall, G-E-T

Entries are DUE to PTtiming by: Tuesday April 17th 12:00 P.M. (noon). PT Timing will be used.

Email questions to: paulagold@getschools.k12.wi.us or petepeterson@getschools.k12.wi.us

- **Max. 6 athletes per event, unlimited in 800 and 1600, 2 relay teams per event**

Coaches can make changes by concessions between 4:00 and 4:15

- Make substitutions or scratches, additions only if a heat has room.
- Later scratches can be made by the athlete at the time of check in.

Some concessions will be available: Team camps will be behind our bleachers on the concrete.

Field Events 4:15

- 3 jumps and throws total, must take all three jumps at high jump – no waiting
- Have athletes indicate line for triple/long before jumping (Line 1 closest to pit)
- Throwers will attempt 3 consecutive throws. Each successful throw will be marked - longest measured. Teams will be grouped together. We will try to stagger boys/girls throwing teams so coaches can make it to both.

Shot Put (4kg) – Boys first

Discus (1kg) – Girls first

High jump – Two pits. Girls start at 3'6"; boys start at 3'8"

Triple jump – Cafeteria style, but rotating the front 3 through jumps

Long jump – Same as triple jump, to follow

Running Events – 4:30- We will be setting the first 5 hurdles.

- Ladies first
- Heats work up to the fastest
- ¼" spikes allowed
 - 100 m Low Hurdles
 - 100 m Dash
 - Sprint Medley (100x100x200x400)
 - 1600 m Run – waterfall start; athletes need to stay in order at finish
 - 4 x 200 m Relay
 - 400 m Dash
 - 4 x 100 m Relay
 - 800 m Run – lanes or alleys depending on numbers; stay in order at finish
 - 200 m Dash
 - 4 x 400 m Relay

Scoring – Individual events: 10-8-6-4-2-1

Relays: 10-8-6-4-2

Full results w/ all athlete times and distances will be emailed the next day.