

**Early Bird Indoor**  
**Hosted by G-E-T High School**  
**Gostomski Fieldhouse at Saint Mary's University, Winona, MN**  
**Thursday, March 21, 2019**

- Teams: G-E-T, LX Central, Sparta, West Salem, Bangor, Ellsworth, Viroqua, Tomah
- Time: Coaches meeting will be held at 3:45, field events begin at 4:00 and running events at 4:30. Events will run on a rolling schedule.
- Entry: Entries will be done online at <http://www.pttiming.com>
- Entries will open on Friday, March 15 at 8:00 am and will close at **NOON** on Tuesday, March 19. Please visit the site well enough in advance so you have adequate time in case there are questions.
- The entry fee is \$250 per school – **make checks payable to Galesville-Ettrick-Trempealeau.**
- Schools may enter up to 6 shot putters, 3 athletes for other events, and 1 relay team.
- Facility: The facility includes a 200 meter Martin surface. The throws circle is wood. The long/triple jump and pole vault runways allow for ¼ inch pyramid spikes. There are no spikes allowed on the blue recreation surface which includes the high jump area.
- Spikes: ¼ inch pyramids only. **DO NOT WEAR SPIKES ANYWHERE BUT ON THE TRACK and RUNWAYS.**
- Scoring: This is a non-scored meet. No finals. No awards. It is intended to give kids an early opportunity to compete.
- PV/HJ: Opening heights will be determined at coaches meeting.
- Admission: \$5 Adults \$3 Students 12 and under free
- Contact: Matt Wenthe – Co-Head Track Coach at GET  
608-582-4657 ext 1905 [mattwenthe@getschools.k12.wi.us](mailto:mattwenthe@getschools.k12.wi.us)  
Kris Risch – Activities Director, GET High School  
608-582-2291 ext 1401 or [krisrisch@getschools.k12.wi.us](mailto:krisrisch@getschools.k12.wi.us)  
Kody Michaels – Assistant Track and Field Coach, Saint Mary's University  
608-780-8691 or [kmichael@smumn.edu](mailto:kmichael@smumn.edu)  
Niels Anderson – Track and Field Coach, Saint Mary's University  
608-397-9648 or [nanderso@smumn.edu](mailto:nanderso@smumn.edu)

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- 3:45 Coaches Meeting
- 4:00 Girls HJ – followed by boys  
Boys PV – followed by girls  
Boys Shot – followed by girls (4 throws)  
Long Jump – Boys and Girls open pit from 4:00-5:30 (4 jumps)
- 4:30 Running Events
- 5:45 Triple Jump – Boys and girls open pit from 5:45-7:00 (4 jumps)

**Order of Events**

We will operate on a rolling time schedule. Athletes need to listen for race calls and announced start times for field events

4 x 800 M Relay  
55 M Hurdles  
55 M Dash  
1600 M Run  
Sprint Medley Relay (200 / 200 / 400 / 600)  
400 M Dash  
800 M Run  
200 M Dash  
4 x 400 M Relay

Hard copy results will be available following the meet and posted on line at: [www.pttiming.com](http://www.pttiming.com)