

**Mondovi Indoor Meet**  
**Hosted by Mondovi High School**  
**Gostomski Fieldhouse at Saint Mary's University, Winona, MN**  
**Thursday, April 2, 2020**

Teams: Arcadia, Bangor, La Crosse Logan, Sparta, Durand, Mondovi Blue, Mondovi White, Winona

Time: Coaches meeting will be held at 3:30 pm, 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 27th at 8:00 a.m. and will close at noon on Tuesday, March 31st**. If you miss this window of time you will be charged \$50 by PT Timing to re-open the meet. Please visit the site well enough in advance so you have adequate time in case there are questions.

The entry fee is \$350 per school \$175 Boys/\$175 Girls – **make checks payable to School District of Mondovi**

Schools may enter up to 3 athletes per event with following exceptions:

- Up to 4 entries in the Shot Put
- 2 relay teams for the 4X200 and 1 relay team for the 4X400

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 meet will be scored solely to give coaches an idea of team progress and for awarding lettering points. However, the meet is intended to give kids an early opportunity to compete. Scoring will be based on NFSHSA guidelines.

PV/HJ: Opening heights will be determined at the coaches meeting.

Pole Vault Since we are using WIAA rules it was recommended to me by the WIAA that all schools whether from MN or WI also use our PV verification form. The form can be downloaded at the following site:  
[https://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf\\_pvweight.pdf](https://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf).

Admission: \$5 Adults, \$3 Senior Citizens/Students, Free for 6 and under

Contact: Jamie McGuire – Co-Head Track Coach  
[jmcguire@mondovi.k12](mailto:jmcguire@mondovi.k12) or 715.926.3656x1221  
Paul Bielmeier – Co-Head Track Coach  
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Niels Anderson – Track and Field Coach, Saint Mary's University  
[randerso@smumn.edu](mailto: randerso@smumn.edu) or 608.397.9648

## Schedule

- 3:30 Coaches Meeting
- 4:00 Boys PV– followed by girls  
Girls HJ– followed by boys  
Girls Shot – followed by boys (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 – 7:15 (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 (“The Gauntlet Mile”)
  - Before the last heat of the mile, we will announce for all spectators and athletes not competing to surround the track, inside and out. We want to create an enthusiastic environment to bring some energy to the meet.
- 4x200 M Relay
- 400 M Dash
- 800 M Run
- 200 M Dash
- 4 x 400 M Relay