

Mondovi Track and Field Invite
Mondovi High School Track & Field Complex
Tuesday May 13, 2014

Teams:

Boyceville, Chetek-Weyerhaeuser, Durand, Eleva-Strum, Elk Mound, Fall Creek, Menomonie, Mondovi and Saint Croix Central

Time:

3:15- Implement weigh-in underneath grandstand
3:30- Coaches meeting in the press box
4:00- Field Events (Trials and Finals)
4:30- **Running** Events (run on a rolling schedule- prelims and finals)

Jury of Appeals:

Randy Pongratz (Meet Manager), Aaron Hass (Head Coach Mondovi), Jeff Mack (Head Coach Elk Mound) and Corey Day (Head Coach Boyceville)

Entries:

- Entries will be done online at <http://www.pttiming.com>
- The meet will be FAT timed courtesy of PT Timing
- Entries will open on Wednesday May 7 at 8:00 am and will close at 11:59 am on Sunday May 11
- Entry fee is \$150 for both genders
- Schools may enter up to 3 athletes per event and one relay team

Facility:

We have a brand new facility that includes an 8 lane 400 meter polyurethane structural all weather track surface. The long jump, triple jump and pole vault runways and high jump area is of the same track surface (*all markings should be done in chalk-do not use tape*). The throwing circles are concrete. All running surfaces allow for up to ¼ inch pyramid spikes.

- Team camps will be located north of grandstand in roped off area
- No tape will be allowed on track surface-ONLY USE CHALK (provide your own)
- All field event areas are unrestricted for videotaping purposes

Awards:

- Medals to the top two individuals and relays in each event
- Team trophy for the first place team

Concessions:

There will be a full concessions stand available for this meet.

Spikes:

¼ inch or shorter pyramid spikes only. Spikes will be checked and monitored throughout the meet. Athletes will not be allowed to participate if using spikes that do not meet these requirements

Scoring:

10-8-6-5-4-3-2-1

PV/HJ:

Opening heights will be determined at the coaches meeting.

Pole Vault:

Please make sure to have the appropriate PV verification form. The form can be downloaded at:
<http://www.wiaawi.org/schoolcenter/track/pvweight.pdf>.

Admission Fee:

\$4 for adults and \$3 for students

Clerk of Course:

The clerk of course and bullpen area will be located at the start of the 100m dash starting line. Athletes need to be checked in by the second call of the event in which they are running. Field event athletes need to check in at their event area prior to the start of event competition.

Bus Parking

Bus parking is available in the parking lot around the track

Relay Exchange Zone Judges: *(Relay flags will be located at start/ling line)*

4x100 M Relay

- Exchange 1: Boyceville and Chetek-Weyerhaeuser
- Exchange 2: Durand and Eleva-Strum
- Exchange 3: Elk Mound and Fall Creek

4x200 M Relay

- Exchange 1 and 3: Menomonie and St. Croix Central

Hurdle Judges: *(Observe hurdle races watching for infractions)*

- Mondovi and any team willing to supply a volunteer or two

Contact:

Randy Pongratz – AD/Meet Manager

rpongratz@mondovi.k12.wi.us 715.926.3656 x1356

Aaron Hass – Head Track Coach

ahass@mondovi.k12.wi.us or 715.926.3656 x1394

Schedule

3:15 Implement Weigh-In (Underneath grandstand)

3:30 Coaches Meeting (Press Box)

4:00 Girls HJ – followed by boys

Boys PV – followed by girls

Girls Shot – followed by boys (3 throws- Prelims and Finals) (9 advance to finals)

- Finals will begin ten minutes after prelims

Boys Discus- followed by girls (3 throws- Prelims and Finals) (9 advance to finals)

- Finals will begin ten minutes after prelims

Girls Long Jump- open pit from 4:00-5:00 with finals to follow ten minutes after prelims
(3 jumps) (North Runway)

Boys Long Jump- 20 minutes warm-up upon the completion of the girl's long jump. One hour for the completion of prelims with the finals to follow ten minutes later

Boys Triple Jump- open pit from 4:00-5:00 with finals to follow ten minutes after the prelims
(3 jumps) (South Runway)

Girls Triple Jump- 20 minute warm-up upon the completion of the boy's triple jump. One hour for the completion of the prelims with finals to follow ten minutes later.

4:30 **Running Events**

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
100 M Dash Prelims
100/110 M High Hurdles Prelims
200 M Dash Prelims

15 minute break

100/110 M Hurdle Finals
100 M Dash Finals
1600 M Run
4x200 M Relay
400 M Dash
4x100 M Relay
300 M Hurdles
800 M Run
200 M Dash Finals
3200 M Run
4 x 400 M Relay