TO: Athletic Directors & Track Coaches
Barron, Flambeau, Frederic, Glenwood City, Grantsburg, Hayward, Luck, New Richmond, Osceola (throwers), Prescott, Rice Lake, SCC, Shell Lake, Spring Valley, Somerset

FROM: Renee Chapek
Phone: 715-268-9771, ext. 234 or 342
FAX: 715-268-7792

RE: **Amery Track Invite**

DATE: Tuesday, May 4, 2010

STARTING TIMES: Field Events 4:00 PM/Running Trials 4:30 PM. Note: we will start ***promptly at 4:00***; so if you need extra time for approach runs, get here early!

FIRST FIELD EVENTS: Boy's shot, Girl's Pole Vault , Girls Discus, Boy's High Jump, Boy's and Girl's LJ and TJ-both pits open for prelims until 5:45, Finals will begin at 6 and run until 7:15.
Scratch Lines will be set up for Shot/Discus/Long and triple jump
Starting heights will be determined when we get the entry data.

MEET FORMAT: This meet will use the WIAA regional format. 28 total entries, ***up to*** 3 per event. 3 jumps/throws in prelims, trials in 100, high hurdles and 200

Running event order:

4x800
100 trials
High hurdle trials
200 trials
15 minute break
High hurdles
100
1600
4x200
400
4x100
300 h
800
200
3200
4x400

For Trials in the 100/200/High Hurdles….The heat winners will advance and the next fastest times will quality for fill the 8 lanes..

SPIKES: 1/4" spikes are allowed on all competition surfaces (except shot and disc)

ENTRY FEE: **$125** which should be in by Friday, April 30.

ADMISSION: We will charge $2 admission at the gate, which includes a program. There will be concessions sold at the meet.

AWARDS: Trophies for 1st place teams in both a LARGE AND SMALL school division. A combined team trophy will also be awarded, medals for the top finishers and relays in each event.

ENTRIES: Entries will be done with PtTiming at www.pttiming.com. Entries will open on April 25 at noon and close on **Friday April 30, 2010 at midnight.**

FACILITIES: We have an 8 lane track with provisions to run the 100/110 hurdles and 100 dashes in the opposite direction should wind conditions require that change. We also have separate pits and runways for the long and triple jump. We also have a ticket booth, concession stand, and permanent bathroom facilities on site. Please do not have your athletes enter any of our school buildings to use restroom facilities.

INFIELD: **Only coaches and participants are allowed in the infield during running events.**

COACHES MEETING: Bottom level of press box at 3:45.

MEET MANAGER: Renee Chapek, 715-268-9771, ext. 234 or email at chapekr@amerysd.k12.wi.us

RESULTS: The results will be posted online at www.pttiming.com as soon as possible after the conclusion of the meet.