

MONDOVI HIGH SCHOOL
337 N. Jackson Street
Mondovi, WI 54755
Fax : 715-926-3617 / Phone: 715-926-3656 Ext. 356

TO: Coaches and Athletic Director of Schools attending the Mondovi Track Invitational:
Elk Mound High School
Mondovi High School
Pepin High School
Elmwood/Plum City High School
Regis High School
Eleva-Strum High School

FROM: Randy Pongratz, Mondovi High School

SUBJ: Mondovi Track Invitational
Tuesday, May 4, 2010

TIME: Coaches Meeting: 3:30 pm
Field Events: 4:00 pm
Running Events: 4:30 pm **NO PRELIMINARIES!**

Depending on the number of entries and the weather conditions, we may run the 3200m relays, 1600m runs, 800m runs and the 3200m runs jointly.

SURFACE: Running Track - Asphalt Shoe Type - Flats
Approaches - Asphalt Shoe Type - Flats
Weight Circles - Concrete Shoe Type - Flats

FIELD NOTE: No Finals - 4 Attempts

ENTRY DATE: WIAA Regional format will be followed (one relay team, 28 individual event entries, maximum limit of three participants per school in any individual event)
We will be using on-line registration for seeding at pttimming.com. **The deadline to post entries is 5 PM Sunday, May 2, 2010.**

Please Note: There will be no changes at the coaches' meeting – scratches only!

SCORING: 10 8 6 4 2 1 Individual
10 8 6 4 2 Relays

AWARDS: Trophies to boys and girls champions
Individual Medals for 1st and 2nd place
Ribbons for 3rd thru 8th place

ENTRY FEE: **\$ 175.00 per school**
Payable to School District of Mondovi
337 N. Jackson Street, Mondovi, WI 54755
715-926-3656 FAX: 715-926-3617

MISCELLANEOUS: Absolutely no one except contestants running in races and meet officials will be allowed on or inside of the track. We ask that teams set up "camps" in the bleachers and coaches stay in non-restricted areas.

MONDOVI TRACK INVITATIONAL

ORDER OF EVENTS

4:00 PM The following field events start:

Long Jump (Both Boys & Girls CAFETERIA STYLE)
Triple Jump (Both Boys & Girls CAFETERIA STYLE)
Discus (Girls first, Boys following)
Shot (Boys first, Girls following)
Pole Vault (Will be conducted jointly) * We have a legal pit *
High Jump (Girls first, Boys following)

NOTES: Height for the high jump and pole vault will be determined during the coaches' mtg.

Please inform high jumpers that they must alert the judge when they leave for another event.
When the 2nd call is given, they will get 15 minutes to report back. If after 15 minutes, the bar will be raised and the jumper can attempt the new height.

4:30 PM Running events start:

NOTE: Last heat is the fastest.

1. (g) 3200m Relay
2. (b) 3200m Relay
3. (g) 100m High Hurdles
4. (b) 110m High Hurdles
5. (g) 100m Dash
6. (b) 100m Dash
7. (g) 1600m Run
8. (b) 1600m Run
9. (g) 800m Relay
10. (b) 800m Relay
11. (g) 400m Dash
12. (b) 400m Dash
13. (g) 400m Relay
14. (b) 400m Relay
15. (g) 300m Low Hurdles
16. (b) 300m Intermediate Hurdles
17. (g) 800m Run
18. (b) 800m Run
19. (g) 200m Dash
20. (b) 200m Dash
21. (g) 3200m Run
22. (b) 3200m Run
23. (g) 1600m Relay
24. (b) 1600m Relay