

Brookfield East

FROSH/SOPH SPARTAN TRACK INVITE

Monday May 4, 2015 – 4:00pm

LOCATION: Brookfield East High School, 3305 N. Lilly Road (the school is located on the corner of Lilly Road and Burleigh).

TEAMS: Arrowhead, Brookfield Central, Brookfield East, Fond du Lac, Franklin, Hamilton-Sussex, Kettle Moraine, Marquette, Menomonee Falls, Pius XI, Waukesha West, West Allis Hale, Whitefish Bay, Wisconsin Lutheran

ENTRIES: Three (3) entries per individual event. One (1) relay team per relay event. Freshmen and Sophomore competitors only. **NO EXCEPTIONS!!**

SCRATCH MEETING: We will conduct a scratch/replace meeting at 3:40 in tent located on infield of stadium.

ENTRY PROCEDURES:

- Submit entries by going to www.pttiming.com. Final entries are due by **Saturday, May 2, @ Noon**. Please provide an accurate estimate of a time or mark for each athlete.

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself. The tip of the spike should extend no more than 3/16ths of an inch from the sole of the shoe.

SCORING: Freshmen and sophomores will be scored together. There will be 8 places scored for all events. (10-8-6-5-4-3-2-1) All events are run as finals, including the sprints and hurdles. “Hundredths” will be used to break ties even by athletes running in different sections.

STARTING HEIGHTS:

- High Jump will be 4’8” (2 in. increments thereafter)
- Pole Vault will be 7’0”, 8’0”, 8’6”, 9’0”.....(*note 7’6” will be skipped*)
- All three attempts **must** be taken in succession in the high jump and pole vault until there are 3 or less individuals advancing to a new height.

SHOT PUT/DISCUS: 3 throws(no finals) These two events will run concurrently in three or four flights

LONG/TRIPLE JUMP: 3 jumps(no finals) The long and triple jumps will be run concurrently with an “open pit” format. Both pits will be open until 6:15pm.

AWARDS: Medals 1-3 place. May be picked up upon completion of meet in the press box. There is no team trophy.

COACHES MEETING: There will be a coaches meeting at 3:30 in tent on stadium infield.

CONCESSIONS: Concessions will be available

Mike Steiner-Head Coach, Boys Track
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May 4, 2015 – 4:00pm

Scoring: 10-8-6-5-4-3-2-1 (Medals 1, 2 & 3 place)

Order of Events

4:00- All Running Events (all races are finals)

3200m Relay
110m High Hurdles
100m Dash
1600m Run
800m Relay
400m Dash
400m Relay
300m Intermediate Hurdles
800m Run
200m Dash
3200m Run
1600m Relay

4:00-All Field Events

Shot Put	(3 throws, no finals)
Discus	(3 throws, no finals)
Long Jump	(3 jumps, no finals, open pit till 6:15)
Triple Jump	(3 jumps, no finals, open pit till 6:15)
High Jump	starting height 4'8"
Pole Vault	starting height 7'0", 8', 8'6".....

Competing Schools

Arrowhead
Brookfield Central
Brookfield East
Fond du Lac
Franklin
Hamilton – Sussex
Kettle Moraine
Marquette
Menomonee Falls
Pius XI
Waukesha West
West Allis Hale
Whitefish Bay
Wisconsin Lutheran