St. Croix Central High School

"Panther Pride"

St. Croix Central Invitational – Thursday April 6, 2017

TO: Athletic Directors and Coaches
FROM: Jeremy Kerg, John Tackman and Ben Lamb

TEAMS: Baldwin-Woodville, Boyceville, Colfax, Elk Mound, Ellsworth, EPC, Glenwood City, LCO, Osceola, Prairie Farm, Prescott, St. Croix Falls, Somerset, Spring Valley.

COST: Cost for the event will be $200

ENTRIES: We will be using PT Timing for entries. http://www.pttiming.com/

Entries will open on Thursday March 30 at 8:00 am and will close at noon on Tuesday, April 4. Please visit the site well enough in advance so you have adequate time in case there are issues or concerns with your entries.

- **2 entries per individual event**
- **4x2 and 4x1 – 3 entries per school (One must be a throwers relay if you have 3)**

If you have question please contact Jeremy Kerg. jkerg@scc.k12.wi.us

TIMES:

3:45 **Coaches meeting**. Only SCRATCHES will be allowed at this time.

4:00 **Field Events begin** - Will be held as follows

- Long Jump - both boys and girls – CAFETERIA STYLE – 3 JUMPS
- Triple Jump - both boys and girls – CAFETERIA STYLE – 3 JUMPS
- Discus - girls first, boys following – 3 Throws
- Shot – boys first, girls following – 3 Throws
- High Jump - We will have two pits to run boys and girls at the same time
- Pole Vault – Girls First then Boys.

4:30 **Running Events begin** - Event Order

3200m Relay-Girls	400m Relay – Girls
3200m Relay – Boys	400m Relay – Boys
100m Hurdles – Girls	300m Hurdles – Girls
110m Hurdles – Boys	300m Hurdles – Boys
100m Dash – Girls	800m Run – Girls
100m Dash – Boys	800m Run – Boys
1600m Run – Girls	200m Dash – Girls
1600m Run – Boys	200m Dash – Boys
800m Relay – Girls	3200m Run – Girls
800m Relay – Boys	3200m Run – Boys
400m Dash – Girls	1600m Relay – Girls
400m Dash – Boys	1600m Relay – Boys

- PT Timing will be timing the event.
- Results – will emailed to coaches and posted online at the following website: http://www.scc.k12.wi.us/hs/hs_track.cfm

Conditions:

1. ¼ in. Spikes are allowed
2. Starting blocks will be provided
3. Concessions will be sold at the meet
4. No locker rooms will be provided. Restrooms are near the track
5. Teams are not allowed on the in field.