



TO: Athletic Directors & MS Track Coaches
 Amery, Baldwin, Boyceville, Clear Lake, Ellsworth, Frederic, New
 Richmond, Osceola, St. Croix Central, Somerset, Spring Valley
 FROM: Josh Gould
 Phone: 715-268-9771, ext. 234
 FAX: 715-268-7792
 RE: **Middle School Track Invite – May 4, 2017 - 4:00 p.m.**

ENTRY FEE: \$100.00 Due 5-4-17 payable to: Amery School District ATTN: Josh Gould
 555 Minneapolis Ave, Amery WI 54001

MEET FORMAT: This meet will be run as an A/B meet. Addition of 4x800 Relay this year

LIMITED ENTRIES: 3 individuals per event in each division/1 relay per event in each division

STARTING TIMES: Field Events 4:00 PM, please be prompt
 3200 Meter Relay 4:15, rest of running should begin just before 5pm.

First Field Events

Boys Discus followed by Girls
 Girls Shot followed by Boys
 Girls High Jump followed by Boys
 Long Jump: we will try to have a separate pit for boys and girls
 Pole Vault: Run Boys and Girls together.

***Note about the 4x800 Relay: Please do not have kids doing the pole vault or the girls high jump participate in the 4x800 Relay. Workers at those events will not wait to raise the bar during the 4x800. We will Run All girls together and all boys together regardless of A/B.**

Please remind your athletes at HJ and Pole Vault that first call for a running event does not mean they have to leave right away. Report after 2nd call and try to get in another jump/vault.

Hurdles for both boys and girls will use the girl's HS marks. The first hurdle will be in place and then every other hurdle thereafter for a total of 5.

Event Order
Running Events
*Girls B/A 4x800 Relay
*Boys B/A 4x800 Relay
Girl's B 100 Hurdles/A 100 Hurdles
Boy's B 100 Hurdles/A 100 Hurdles
Girl's B 100 Dash/A 100 Dash
Boy's B 100 Dash/A 100 Dash
Girl's B/A 1600 Run
Boy's B/A 1600 Run
Girl's B 4x100 Relay/A 4x100 Relay
Boy's B 4x100 Relay/A 4x100 Relay
Girl's B 400 Dash/A 400 Dash
Boy's B 400 Dash/A 400 Dash
Girl's B/A 800 Run
Boy's B/A 800 Run
Girl's B 200 Dash/A 200 Dash
Boy's B 200 Dash/A 200 Dash
Girl's B 4x200 Relay/A 4x200 Relay
Boy's B 4x200 Relay/A 4x200 Relay

ENTRIES: Entries will be done with PtTiming at www.pttiming.com. Entries will open Thursday., April 27 and close on **Tuesday, May 2 at 8:00 pm. Keep in mind that there is a \$50 charge if you miss the entry deadline.**