

Trempealeau County Meet

Monday, April 29, 2019

Site: Gale-Ettrick-Trempealeau Track in Galesville, WI

Teams: All Schools in Trempealeau County: Arcadia, Blair-Taylor, Eleva-Strum, G-E-T, Independence, Osseo-Fairchild, Whitehall

Entry Fee: \$150 –Payable to Gale-Ettrick-Trempealeau School District

Awards: Trophies to top team and medals to top three individuals/relays.

Time schedule:

- 4:00 Coaches Meeting
 - *At the coaches meeting, coaches will fill out relay cards and a scratch card
- 4:15 Field Events Begin
- 4:40 Races Begin with the 3200 Relay and following normal order with no trials.

<u>First</u>		<u>Second</u>	
Shot	Girls		Boys
Discus	Boys		Girls
Pole Vault	Boys		Girls
Long Jump	Girls		Boys
Triple Jump	Boys		Girls
High Jump - Boys & Girls at the same time (2 pits)			

- Ten-minute warm ups between flights
- Cafeteria style in long and triple jump.
- **No trials. Please be accurate with seed times.**
- **Boys and Girls 3200 Relay and 3200 Run will be run together.**

Scoring: Individuals score to eight places (10-8-6-5-4-3-2-1) and relays score six places (10-8-6-4-2-1).

Online Entries: The entries of individuals will follow WIAA Regional Entry guidelines. There are 28 individual entries, one relay entered in each of four relay races, and a maximum of three entries in any individual event. A student may enter a maximum of four events, but in no more than three running or three field events. Entries are being made through pttiming timing services . **Entry deadline is Friday, April 26 at noon.** Only scratches are allowed. Entrants can scratch in one event and still compete in another. Schools who have late entries after the deadline may be charged \$50 by pttiming.

Site Information: We have an 8-lane, 400 M seal-flex track. Long jump, triple jump, high jump and pole vault runways are seal-flex surfaces. Shot and discus circles are concrete. Use chalk (not-tape) on high jump and all runways. The track is located behind the high school. Maximum length of ¼” spikes are allowed. Team camps outside the fence near the starting line, under the bleachers, or along the building.

Admission: \$5 for adults and \$3 for students. Concessions will be available throughout the day.

If you have any questions, contact AD Kris Risch at 608-582-1401 or Coach Matt Wenthe 608 582-4657 ext 1905.

We look forward to seeing you.

Co-Head Coaches Matt Wenthe and Ryan Mendez

G-E-T Boys and Girls Track

TREMPEALEAU COUNTY MEET
BOYS MEET RECORDS

<u>EVENT</u>	<u>ATHLETE(S)</u>	<u>SCHOOL</u>	<u>PERFORMANCE</u>	<u>YEAR</u>
3200 M. Relay	Bisek, Zastrow Heffner, Przybylla	Arcadia	8:34.6	2011
110 M. Hurdles	Russ Fredrickson	Arcadia	14.9	1992
100 M. Dash	Ben Vazquez	Arcadia	10.8	2000
1600 M. Run	Shane Semb	Arcadia	4:32.3	1992
	Ramon Romero	Arcadia	4:32.3	2017
800 M. Relay	Law, Myren Pientok, Emlaw	Whitehall	1:34.4	2011
400 M. Dash	Alex Grulkowski	Indep/Gilmanton	49.71	2014
400 M. Relay	Emlaw, Pientok Law, Myren	Whitehall	44.8	2011
300 M. Hurdles	Russ Fredrickson	Arcadia	39.1	1992
800 M. Run	Ramon Romero	Arcadia	1:59.7	2017
200 M. Dash	Jim Hoesley	Arcadia	21.9	2016
3200 M. Run	Tony Meyers	Arcadia	9:43.0	1987
1600 M. Relay	Auer, Evanson Hanson, Poss	G – E – T	3:30.4	1984
Pole Vault	Terry Lorenz	Eleva-Strum	13' 8"	1982
High Jump	Keith Dryden	Eleva-Strum	6' 5"	1983
Long Jump	Cameron Hanson	G-E-T	22' 9"	2018
Triple Jump	Alex Grulkowski	Indep/Gilmanton	42' 8"	2013
Shot Put	T.J. Wagner	G – E – T	59' 4 ½"	1997
Discus	Garet Koxlien	G – E – T	167' 5"	2003

TREMPEALEAU COUNTY MEET

GIRLS MEET RECORDS

<u>EVENT</u>	<u>ATHLETE(S)</u>	<u>SCHOOL</u>	<u>PERFORMANCE</u>	<u>YEAR</u>
3200 M. Relay	Hoesley, Ackerman Erbe, Backes	Arcadia	10:31.18	2011
100 M. Hurdles	Caitlin Thomson	Whitehall	15.37	2010
100 M. Dash	Tracy Wilbur	G – E – T	12.3	2004
1600 M. Run	Dana Feyen	G – E – T	5:21.43	2016
800 M. Relay	S. Flury, S. Lettner S. Lisowski, B. Sobota	Arcadia	1:48.9	2004
400 M. Dash	Bria Halama	Independence	57.95	2010
400 M. Relay	S. Flury, S. Lettner S. Lisowski, B. Sobota	Arcadia	52.4	2004
300 M. Hurdles	Caitlin Thomson	Whitehall	47.12	2010
800 M. Run	Bethany Halvorson	Independence	2:27.0	1992
200 M. Dash	Maya Vazquez	Arcadia	25.77	2010
3200 M. Run	Kate Cantlon	G – E – T	12:07.4	1993
1600 M. Relay	S.Hoesley,T. Ackerman M.Sobotta,G. Backes	Arcadia	4:13.13	2012
Pole Vault	Carmen Johnson	Osseo-Fairchild	9' 0"	2010
	Zoey Matthews	Whitehall	9'0"	2015
	Ellen Mills	G-E-T	9'0"	2018
High Jump	Tatiana Rice	G – E – T	5' 4"	2011
	Caitlin Thomson	Whitehall	5' 4"	2011
	Sidney Severson	G – E – T	5'4"	2015
Long Jump	Jenna Ladsten	Blair-Taylor	18'0"	2013
Triple Jump	Bria Halama	Independence	37' 8"	2010
Shot Put	Annalese Lamke	G – E – T	39' 6 1/2"	2015

Discus

Annalese Lamke

G – E – T

127' 1"

2015