

ELEVA-STRUM EARLY BIRD 2023

- DATE: Tuesday, April 11, 2023
- SITE: Eleva-Strum Central High School
- TIME: 3:50P Coaches meeting
4:00P Pole Vault – girls/boys combined starting height TBD at coaches meeting
4:15P Remaining field events and 4x800 Relay
4:30P Track events (no trials)
- ENTRIES: Three athletes per event, one relay team.
WIAA 4 event limit enforced (no more than 3 field or 3 running)
***New this season, Co-ed relays. 4x800,4x200,4x100,4x400. These will count as an entry, will be timed but not scored. Each relay will be added after the boys in the regular order of events.
Deadline to post entries NOON Sunday, April 9 on:
<https://wi.milesplit.com/meets/519113/registration>
- SCORING: 10 8 6 5 4 3 2 1
- EQUIPMENT: Blocks will be provided. ¼" spikes allowed on all-weather surface.
- FIELD EVENTS: 3 Vertical Jumps, 3 Throws, no finals
Long/Triple Jump Cafeteria style (pit open from 4:15-6:15P)
Boys – Discus first
Girls – High Jump and Shot first
- ADMISSION: \$3 for Adults, \$1 for students
- CONCESSIONS: Available throughout the meet.
- TEAMS: Augusta, Alma Center Lincoln, CV Lightning Bolts, Colfax, EC Immanuel, Granton, Greenwood, Independence-Gilmanton, Stanley-Boyd, and Eleva-Strum
- QUESTIONS: Nadine Rovang, Head Coach
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