

Mondovi Track and Field Invite
Mondovi High School Track & Field Complex
Tuesday, May 9, 2023

Teams: Alma-Pepin, Baldwin-Woodville, Blair-Taylor, EC Immanuel, Elk Mound, Fall Creek, Flambeau, Osseo-Fairchild, Saint Croix Central, Mondovi, Mondovi Blue

Entries:

- Entries will be done online at <http://www.pttiming.com>
- The meet will be FAT timed courtesy of PT Timing
- Entries will open on Thursday, May 4th at Noon and will close at Noon on Sunday May 4th.
- Entry fee is \$250 for both genders
- Schools may enter up to **3 athletes per event and one relay team**

Facility:

We have an 8 lane 400 meter polyurethane structural all-weather track surface. The long jump, triple jump and pole vault runways and high jump area is of the same track surface (***all markings should be done in chalk-do not use tape, bring chalk***). The throwing circles are concrete. All running surfaces allow for up to ¼ inch pyramid spikes.

- Team camps will be located north of grandstand
- No tape will be allowed on track surface-ONLY USE CHALK (provide your own)

Awards:

- Medals to the top two individuals and relays in each event
- Team trophy for the first place team

Concessions:

There will be a full concessions stand available for this meet.

Scoring:

10-8-6-5-4-3-2-1

PV/HJ:

Opening heights will be determined at the coaches meeting.

LJ/TJ:

The event judges will be writing the jumpers number from the event sheet on their hands and jumpers will report to the clerk with their number for trials to speed up the process. Jumpers will not group up and jump back to back to back jumps. If they need to cycle back to jump before a race, they may.

Pole Vault:

Please make sure to have the appropriate PV verification form. The form can be downloaded at:
https://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_pvweight.pdf

Admission Fee:

none

Clerk of Course:

The clerk of course and bullpen area will be located at the start of the 100m dash starting line. Athletes need to be checked in by the second call of the event in which they are running. Field event athletes need to check in at their event area prior to the start of event competition.

Bus Parking:

Bus parking is available on Mill St. South of the track or in the fairgrounds on the West side of the athletic complex.

Jury of Appeals:

Randy Pongratz (Meet Manager), Jamie McGuire (Mondovi), Jeremiah Fredrickson (Elk Mound)

Relay Exchange Zone Judges: *(Relay flags will be located at startling line)*

4x200 M Relay

- Exchange 1 and 3: Bloomer and Boyceville

4x100 M Relay

- Exchange 1: Alma-Pepin, Baldwin-Woodville
- Exchange 2: Blair-Taylor, Fall Creek
- Exchange 3: Osseo-Fairchild, Saint Croix Central

Hurdle Judges: *(Observe hurdle races watching for infractions)*

- Mondovi and any team willing to supply a volunteer or two

Contact:

Randy Pongratz – AD/Meet Manager

rpongatz@mondovi.k12.wi.us or 715.926.3656 x1356

Jamie McGuire – Head Track Coach

jmcguire@mondovi.k12.wi.us or 715.926.3656 x1233

Schedule

- 3:15 Implement Weigh-In (Underneath grandstand)
- 3:30 Coaches Meeting (Press Box)
- 4:00 **Girls PV**– followed by **boys**
Boys HJ– followed by **girls**
Boys Discus- followed by **girls**
- 3 throws- Prelims and Finals (9 advance to finals)
 - Finals will begin ten minutes after prelims
- Girls Shot** – followed by **boys**
- 3 throws- Prelims and Finals (9 advance to finals)
 - Finals will begin ten minutes after prelims
- Girls Triple Jump**- open pit from 4:00-5:00 (North Runway)
- 3 jumps- Prelims and Finals (9 advance to finals)
 - Finals will begin ten minutes after prelims. Jumps will be taken in order unless an athlete checks out.
 - **Boys Triple Jump**- 20 minute warm-up upon the completion of the girl's triple jump finals. One hour for the completion of the prelims with finals to follow ten minutes later.
- Boys Long Jump**- open pit from 4:00-5:00 (South Runway)
- 3 jumps- Prelims and Finals (9 advance to finals)
 - Finals will begin ten minutes after prelims.
 - **Girls Long Jump**- 20 minutes warm-up upon the completion of the boy's long jump finals. One hour for the completion of prelims with the finals to follow ten minutes later

4:30 **Running Events**

We will operate on a rolling time schedule. Athletes need to listen for race calls and announced start times for field events. Girls races will be run first, followed by boys **(with the exception of the 100/110 m high hurdle final)**.

4 x 800 M Relay
100 M Dash Prelims
100/110 M Hurdles Prelims

15 minute break

110 M High Hurdles Finals
100 M Hurdles Finals
100 M Dash Finals
1600 M Run
4x200 M Relay
400 M Dash
4x100 M Relay
300 M Hurdles
800 M Run
200 M Dash
3200 M Run
4 x 400 M Relay