

Tomah Middle School Track and Field

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Tomah Middle School
612 Hollister Avenue
Tomah, WI 54660

April 8, 2024

Dear Coach:

Welcome to the Tomah Meet to be held on May 6, 2024. Coaches meeting @ 4:15. Running and Field events will start at 4:30. Teams involved are Winona, Holmen, Onalaska and Tomah. The following events will be contested:

100 Low Hurdles	400	200	High Jump
100	4 x 100 Relay	4 x 400 Relay	Long Jump
1600	200 Hurdles	Discus	Triple Jump
4 x 200 Relay	800	Shot Put	

PLEASE REGISTER YOUR ENTRIES FOR THE MEET ONLINE. **YOU CAN HAVE “UNLIMITED” ENTRIES PER EVENT but please mindful of how many athletes you enter into the Long Jump and 100.**

- Entries must be completed by visiting – <https://wi.milesplit.com/meets/584212/registration>
- Online entries must be completed 2 days prior to the event at NOON—to avoid confusion, the deadline is set at 11:59 am CST on Saturday, May 4th.
- If a coach misses the deadline, the coach should email info@pttiming.com to reopen the meet. The host school and/or violating school may incur a \$50 Late Entry Fee—PT Timing will make that decision, depending on the situation.

The field events will follow this order (3 jumps, 3 throws, no finals):

Girls Shot First	Girls Triple Jump First (Open Pit--	Boys Long Jump First (Open Pit--
Boys Discus First	Time Limit)	Time Limit)
Girls High Jump First		

There will be no trials in any events. All running events will be set up as SECTIONS based on time. Please be as accurate as you can be in entering your seed times, heights, and distances. Starting heights for girls high jump will be 3’6” and boys will be 4’0”.

Our track and field event approaches are seal-flex and 1/4 inch or less pyramid spikes are allowed. All other spikes will result in disqualification from that event.

Coaches, scratches can be made in the PTTiming van located by the finish line when you arrive. Substitutions can be made and use the spot of the original entry. **NO ADDITIONS WILL BE MADE AFTER ENTRIES CLOSE ON THE PT TIMING WEBSITE.**

If you have any questions or concerns, please contact kateschanhofer@tomah.education or brad_lindberg@yahoo.com.

3-Rivers Conference