Tomah Track and Field

THS Coaches: Jessa Von Haden and Collin Eswein
Tomah Senior High
901 Lincoln Avenue Tomah, WI 54660

Dear Coach:

Welcome to the 41st Annual Tomah Freshman-Sophomore Invitational, also known as the Bruce Luebke Invitational, to be held on Monday, May 5, 2025. Teams attending: Central, Logan, Holmen, Onalaska, West Salem and Tomah. The order of events is the same as listed in the WIAA Handbook.

PLEASE REGISTER YOUR ENTRIES FOR THE MEET ONLINE AT THE FOLLOWING LINK:
https://pttiming.com/event.php?mid=2267&pt=schedule
*** YOU ARE ALLOWED THREE ENTRIES PER EVENT AND ONE RELAY TEAM FOR EACH OF THE FOUR RELAY EVENTS.**

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. Four attempts will be allowed in the Shot, Discus, Long and Triple Jumps. Starting heights will be determined from the entries.

There will be concessions available for sale (Cash/Card payments accepted). Please plan accordingly.

Coaches, scratches can be made in the track storage shed at the end of the front straight when you arrive. Substitutions can be made and use the spot of the original entry. Event results will be posted online.
NO ADDITIONS WILL BE MADE AFTER ENTRIES CLOSE ON THE PT TIMING WEBSITE

- We will be using an automated timing system again this season; runners will wear their hip number on their left hip.
- Entries must be completed online: https://pttiming.com/event.php?mid=2267&pt=schedule
- To find your event, hover over *Schedule* and click on *All Upcoming Events.* If your event is not listed, please contact info@pttiming.com.
- Online entries must be completed 2 days prior to the event at NOON (Saturday May 3rd)—to avoid confusion, the deadline is set at 11:59 am CST.
- Meet entries open 1 week and 2 days prior to the deadline at noon.
- 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.
- Entry fee is $200 per school ($100 per gender). Please mail to Tomah High School Attn: Athletic Dept 901 Lincoln Avenue Tomah, WI 54660

Coaches meeting 3:45. Field events will start at 4:00. Running events will start at 4:30 with the 3200 Relay. If you have any questions or concerns, please contact us at jessavonhaden@tomah.education or collineswein@tomah.education

Mississippi Valley Conference

2025 Luebke Invitational
Tomah High School

Facility: 400 Meter Seal Flex track and field event surfaces. Throws circles are constructed out of cement.

Spikes: **¼ inch spikes for all event except Shot Put and Discus**

Results: Available shortly after the competition and also later that evening on www.pttiming.com

Scoring: Top 8 competitors and relays will score: 10-8-6-5-4-3-2-1

Entries: https://pttiming.com/event.php?mid=2267&pt=schedule
***Each team is allowed 3 entries per event and 1 relay per event. Check Entry Due Date**

Coaches Meeting: Will be held in the white garage at the end of the front straight meet at 3:45.

Hip Numbers: Will be located at the start of the 100 meters.

Scratches: All scratches are to be made at the coaches meeting prior to the meet. **NO ADDITIONS** the day of the competition. Substitutions can compete under the original competitor's name.

Concessions: Will be available in the building directly behind the bleachers on the front straight. "Cash/Card payments accepted"

Entry Fee: Fee is $200 per school ($100 per gender). Please mail checks to: Tomah High School Attn: Athletic Dept 901 Lincoln Avenue Tomah, WI 54660

Time Schedule and Order of Events

3:30 Sheets will be available for substitutions and/or scratches before the meet in the storage shed at the end of the front straight

3:45 Coaches Meeting (White Shed by the finish line)

4:00 Field Events to Completion

Boys Shot Put First
Girls Discus First
Girls High Jump First
Girls Triple Jump First--Cafe Style 4:00 to 5:30
Boys--Cafe Style 5:45 to 7:15
Boys Long Jump First--Same as Triple Jump
*****The time length may be shortened depending on the total number of competitors.
Boys Pole Vault First

4:30 G 3200 Relay
B 3200 Relay
G 100 High Hurdle Final
B 110 High Hurdle Final
G 100 Final
B 100 Final
G 1600
B 1600
G 800 Relay
B 800 Relay
G 400
B 400
G 400 Relay
B 400 Relay
G 300 Low Hurdles
B 300 Int. Hurdles
G 800
B 800
G 200
B 200
G 3200
B 3200
G 1600 Relay
B 1600 Relay

The Bruce Luebke Invitational

Bruce Luebke has been an integral part of Tomah Track and Field for over 3 decades. His career started in Tomah as a Boys Assistant Coach in 1983 and 1984. In 1985, he took over the Girls Program for the next 30 years (1985-2014). He returned as an assistant coach for the track and field program from 2018-2022 During these 37 years, Coach Luebke helped shape the lives of track and field athletes and left quite the resume while doing so.

His accolades include:

- 27 straight years with a state qualifier. (1985-2011)- 29 years total (2013) (2019)
- In those 35 years, he helped produce 81 state qualifiers. 43 of which placed.
- He coached 10 individual state champions.
- He coached 2 Team Sectional Titles, 2 Regional Titles, and 2 Conference Titles.
- 17 of the 18 New Outdoor Records for Tomah High School were set under his guidance.

In addition, he created the Tomah Girls All Time Top Ten List for each event. Over hundreds of athletes have graced these lists. He recently created the Tomah Boys All Time Top Ten Lists and has researched data back to when the program began in 1895.

Coach Luebke was also the Head CC Coach for Boys and Girls for 10 seasons (2004-2013)

- He coached 4 state Qualifiers, 3 of which were all state finishes. Those finishes included a 2nd place finish as well as a State Champion.

His legacy and love for Track and Field has never and will never go unnoticed. Coach Luebke continues to make an impact with our Boys and Girls programs. He volunteers his time by keeping our Top Ten Lists up to date and keeps track of the girls' season scoring.