



Clear Lake Warriors

School District of Clear Lake

1101 3rd Street SW ❖ Clear Lake, Wisconsin 54005

Dale Rosen, Athletic Director

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www.clearlake.k12.wi.us

To: MS Track Coaches of

Boyceville, Clayton, Clear Lake, Flambeau, Frederic, Grantsburg, New Auburn, Prairie Farm, Shell Lake, Siren, Spring Valley, Turtle Lake, Unity, Webster

Regarding: MS Track Meet at Clear Lake High School – Thursday, April 24, 2025

From: Dale Rosen Athletic Director, Clear Lake High School

Contact: Dale Rosen- 715-263-2117 (school), drosen@clwarriors.org

Carrie Blanchard – 715-263-2113 (school), cblanchard@clwarriors.org

Entries: PT Timing www.pttiming.com

Entries will close at noon on Tuesday, April 22nd.

Starting Time: Short Scratch Meeting outside the press box at **4:00 pm**

Field events-Plan on starting at **4:15 pm**. (girls discus followed by boys, girls high jump followed by boys, boys shot put followed by girls, open pit for long jump – boys and girls together, girls pole vault followed by boys.) The runways for long, triple, and pole vault are rubber if your athletes would like to wear ¼" spikes.

- High Jump starting at 3'8" for girls and 4'4" for boys.
- Pole Vault starting at TBD for Girls and TBD for boys
- High Jump and Pole Vault will be following the Five Alive Method

Competitors will be allowed 3 throws in the shot and discus events and 3 jumps in the long jump with no finals.

Running events-plan on starting at **4:30 pm**. In some running events we will try to combine boys and girls in one heat.

Details:

- **Order of Events:** 100m Hurdles, 100m Dash (A and B Heat), 1600m Run, 4x200m Relay, 400m Dash, 4x100m Relay, 800m Run, 200m Dash (A and B Heat), 4x400m Relay

Exchange Zone Assignments

- 400 M Relay - Exchange Zone # 1: Frederic/Grantsburg, SL
Exchange Zone # 2: Siren, TL/Clayton
Exchange Zone # 3: Unity, Clear Lake
- 800 M Relay - Exchange Zone # 1 & # 3: Clear Lake, Webster
Exchange Zone # 2: SL & Officials

1. 400 meter-rubber track; Runways for long, triple jump, and pole vault are rubber. No spikes larger than 1/4" may be used. **All events will be staged at the north end of the track; please advise your athletes of this procedure.**
2. Discus and shot pads are concrete
3. Port-A-Potties will be available just outside the track area.
4. **Entry Limit** - Each school may enter **3** individuals per **running event**, only **1** relay team, and **4 entries per field event**. Also a maximum of **3** events/athlete: 2 field events and 1 running event **OR** 2 running events and 1 field event.
5. There will be an A and B heat for the 100 and 200 meter dash. Each team can have up to 3 individuals in the B heats. B heat events will not count for team points.
6. **Registration for this meet will be done through PT Timing.** Please enter your athletes on the PT Timing website at www.pttiming.com; take note of the deadline listed on PT timing. Deadline: **Tuesday, April 22nd at noon.**
7. The meet cost for each school is **\$100**. Make checks payable to **Clear Lake Schools** and to the attention of **Dale Rosen** at **1101 3rd Street SW, Clear Lake, WI 54005.**
8. There will be a concession stand available!
9. Teams should set up "camps" outside the main track area. **No teams** will be allowed to set up in the infield.
10. **Starting Blocks:** Starting blocks will be provided. If you use the Moyer block you will need to provide them.
11. **Track Marking:** Chalk will be provided. Only chalk will be allowed on Track and runway surfaces.
12. **Clerk of Course:** The meet clerk will be located at the North end of the track.