



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: HS Track Coaches of

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

Regarding: HS Track Meet at Clear Lake High School – Tuesday, April 22, 2025

From: Dale Rosen Athletic Director, Clear Lake High School

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

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Entries: PT Timing www.pttiming.com

Entries will close at noon on Sunday, April 20th.

Starting Time: Short Scratch Meeting outside the press box at **3:45 pm**

- Field Events – 4:15 pm Running – 4:30 pm

Field events-Plan on starting at **4:15 pm**. (girls discus followed by boys, boys high jump followed by girls, boys shot put followed by girls, open pit for long and triple jumps – boys and girls together, girls pole vault followed by the 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 (Five Alive Method)
- Pole Vault starting at TBD for Girls and TBD for boys (Five Alive Method)

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

Running events-plan on starting at **4:30 pm** with the 3200 M Relay. In some running events we will try to combine boys and girls in one heat, specifically the 3200 M relay and 3200 M run

Details:

- **Order of Events:** 3200 M Relay, 100 M Hurdles (G), 110 M Hurdles (B), 100 M Dash (G), 100 M Dash (B), 1600 M Run (G), 1600 M Run (B), 800 M Relay (G), 800 M Relay (B), 400 M Dash (G), 400 M Dash (B), 400 M Relay (G), 400 M Relay (B), 300 M Low Hurdles (G), 300 M Intermediate Hurdles (B), 800 M Run (G), 800 M Run (B), 200 M Dash (G), 200 M Dash (B), 3200 M Run, 1600 M Relay (G), 1600 M Relay (B)

Exchange Zone Assignment

- 400 M Relay - Exchange Zone # 1: Boyceville, Flambeau
Exchange Zone # 2: Grantsburg, Frederic

Exchange Zone # 3: Unity, Turtle Lake

- 800 M Relay - Exchange Zone # 1: Siren, Spring Valley
Exchange Zone # 2: Prairie Farm, Shell Lake

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, but there will be a **limit of 4 field entries/events/team**.
5. **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: **Sunday, April 20th at noon.**
6. The meet cost for each school is **\$150**. Make checks payable to **Clear Lake Schools** and to the attention of **Dale Rosen** at **1101 3rd Street SW, Clear Lake, WI 54005.**
7. There will be a concession stand available!
8. Teams should set up "camps" outside the main track area. **No teams** will be allowed to set up in the infield.
9. **Starting Blocks:** Starting blocks will be provided. If you use the Moyo block you will need to provide them.
10. **Track Marking:** Chalk will be provided. Only chalk will be allowed on Track and runway surfaces.
11. **Clerk of Course:** The meet clerk will be located at the North end of the track.