

Three Rivers Conference Track and Field

Nate Johnson & Brad Lindberg
Event takes place @ Tomah High School
901 Lincoln Avenue
Tomah, WI 54660

Dear Coach:

Welcome to the 3-Rivers Middle School Conference Meet to be held on Monday May 18, 2026 @ Tomah High School. Coaches meeting @ 4:00 in the white shed near the finish line. Field events start at 4:30 pm & running events will start at 4:45 pm. Teams involved are Aquinas, Holmen, Logan, Longfellow, Onalaska, Sparta, Tomah, West Salem, Westby, and Winona. The following events will be contested (Girls – First, Boys – Second):

100 Low Hurdles	4 x 200 Relay	200 Hurdles	4 x 400 Relay
100	400	800	
1600	4 x 100 Relay	200	

Field Events (4 jumps, 4 throws, no finals): Discus (Boys followed by Girls), Shot (Girls followed by Boys), Triple Jump (Boys followed by Girls), Long Jump (Girls followed by Boys), High Jump (Boys followed by Girls) – Starting Height is 4'4 for boys and 3'10 for girls.

*Reminder each School gets 24 entries and 1 relay entry per gender. A school cannot enter more than three (3) athletes in any event.

* One false start warning will be given to the field; any false start thereafter will lead to an individual's disqualification

PLEASE REGISTER YOUR ENTRIES FOR THE MEET ONLINE.

- Entries must be completed by visiting : [PrimeTime Timing | Event Details](#)
- 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 16.
- 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.

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.

*Concessions will be available.

Coaches, scratches can be made in the PTTiming van 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 n_johnson70@hotmail.com or brad_lindberg@yahoo.com .

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