

# *Tomah Track and Field*

THS Coaches: Jessa Von Haden and Jon Heesch  
Tomah Senior High  
Lincoln Avenue  
Tomah, WI 54660

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April 13, 2022

Dear Coach:

Welcome to the 2022 Steve Justinger Memorial Invitational to be held at EJ McKean Field on May 10, 2022. We will be using the Regional format for your entries. You may enter 28 athletes over the 14 individual events with no more than three (3) in any one event. Attached is a rolling time schedule. The 200 will be run only as a final in sections. Please enter your athletes online at [www.pttiming.com](http://www.pttiming.com). **Please be sure to fill all your events online.** Please print a copy of your entries in case there are any discrepancies. There will be no additions on the day of the meet.

**Please note that the starting time for this year's meet is 4:00.**

Other items of interest for the meet this year:

1. We will be using an automated timing system again this season; runners will wear their hip number on their left hip.
2. Entries must be completed by visiting [pttiming.com](http://pttiming.com). To find your event, hover over *Schedule* and click on *All Upcoming Events*. If your event is not listed, please contact [lindsey@pttiming.com](mailto:lindsey@pttiming.com).
  - 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.
  - 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](mailto: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.

We have a resurfaced seal-flex surface on the track and long, triple and high jump runways. Spike length for all areas will be 1/4 inch or less. All longer spikes will result in disqualification from that event. Concessions will be sold at the meet. Hopefully, your season is progressing smoothly, and the weather will cooperate on the 10<sup>th</sup>. See you then, and best of luck.

Sincerely

Jessa Von Haden and Jon Heesch  
[jessavonhaden@tomah.education](mailto:jessavonhaden@tomah.education) and [jonheesch@tomah.education](mailto:jonheesch@tomah.education)

**2022 Justinger Memorial 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](http://www.pttiming.com)

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

**Entries:** Entries will be submitted on-line at [www.pttiming.com](http://www.pttiming.com). **Each team is allowed 28 individual entries (with a maximum of 3 in any one event) for the 14 individual events, and 1 relay per event.**

**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 in the white building up by the start of the 100 meters.

**Event Results:** Will be posted on the wall of the booster building near the hip number location as soon as they are available.

**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:** Concession will be sold at this year's meet. Please plan accordingly.

**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

*Mississippi Valley Conference*  
Success comes in cans, not cants

## Time Schedule and Order of Events

3:30 Sheets will be available for changes 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

Girls Shot Put First (4 Throws)

Boys Discus First (4 Throws)

Girls High Jump First

Girls Triple Jump First--Cafe Style 4:30 to 5:45 (4 Jumps)

Boys--Cafe Style 6:00 to 7:30 (4 Jumps)

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

4:15 G 3200 Relay

B 3200 Relay

G 100 High Hurdle Trials

B 100 High Hurdle Trials

G 100 Trials

B 100 Trials

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15 Minute Break  
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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

13 T H A N N U A L  
S T E V E J U S T I N G E R I N V I T A T I O N A L  
T U E S D A Y , M A Y 10, 2022  
E J M c K E A N F I E L D

The Steve Justinger Invitational Track Meet is dedicated to the memory of Tomah educator and coach, Steve Justinger. “Jud” was an outstanding Shot Put and Discus coach, producing numerous state champions in each event.