Antigo Middle School CO-ED Track Meet

Coaches will need to enter rosters and sign up for this track meet with John Burke john@performancetiming.com / entries will open on April 10th and will be due by April 14th at noon.

Date: Thursday, April 16/**Concessions Available**

Location: Listle Field (across from High School)

Bathrooms will be available in the High School or Aquatic Center

\*\*\*\*\*\***no spikes in the buildings.**

Event time: 4:00 / start of field events

4:15/ 3200meter relay (boys and girls run this event together)

 4:30/ start with the rest of the running events

***Teams: Antigo, Horace Mann, Medford, Marshfield***

Scoring: Meet will not be scored/No awards for this meet.

Results will be faxed/scanned as an attachment the next day to your school.

AN INDIVIDUAL MAY COMPETE IN A MAXIMUM OF 4 EVENTS, no more than 3 running or 3 field events. Each running event and high jump will have a limited of entry.

**Field Event Order: starting at 4:00 –Report to your field event are 10 minutes prior.**

Shot Put- Girls followed by Boys- 3 throws- 10 entries per team

Discus- Boys followed by Girls- 3 throws-10 entries per team

High Jump- Girls starting height – 3’6 followed by Boys starting height 4’6

 (bar will be raised in 3” increments) **10 entries per team**

Pole Vault- All participants report and warm up. Starting height 5’6- each participant will join in at the height they choose. Boys should start at 6’0 -bar will be raised in 3”increments **10 entries per team**

Long Jump- Open pit for both Girls and Boys- 2 jumps –10 entries per team closed at 6:00pm

Triple Jump- Open pit for both Girls and Boys- 2 jumps-10 entries per team closed at 6:00pm

**Running Event Order: starting at 4:15**

1. 3200 meter relay (waterfall start)

2. Girls 100 M Low Hurdles (10 hurdles -30”) 4 per team - start 4:30pm (potential of 4 heats)

3. Boys 110 M Low Hurdles (10 hurdles -30”) 4 per team )

4. Girls 100 M dash- 6 per team (potential of 6 heats)

5. Boys 100 M dash- 6 per team (potential of 6 heats)

6. Girls 1600 M run- 4 per team-, waterfall start

7. Boys 1600 M run- 4 per team –, waterfall start

8. Girls 4X200 Relay-

9. Boys 4X200 Relay-

 10. Girls 400 M Dash-

1. Boys 400 M Dash-
2. Girls 4X 100 Relay -
3. Boys 4X 100 Relay-
4. Girls 200 M low hurdles
5. Boys 200 M low hurdles
6. Girls 800 M Run-
7. Boys 800 M Run-
8. Girls 200 M Dash-
9. Boys 200 M Dash-
10. Girls 4X 400 Relay -
11. Boys 4X 400 Relay -

**\*\*1/4” pyramid spikes or smaller are allowed.**

**\*\*Event participants MUST report to the starter by “Second Call” per event.**