

**Wausau West High School**

**1200 West Wausau Ave., Wausau, WI 54401**

**Dan Hein Activities/Athletic Director**

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To: Head Boys’ Track Coaches

From: Jason Sinz--Wausau West Head Boys’ Track Coach

Re: 45th Annual Small School Invitational Track Meet

Thursday, March 26th at 4:15 in the West Fieldhouse

1. Fieldhouse available at 3:15 p.m.

1. **Entries:** 
   1. **Enter 3 individuals for all events except the two mile run where you**

**may enter 2.**

* 1. **One team entry is allowed for each relay.**
  2. **Use the web site** [**www.performancetiming.com**](http://www.performancetiming.com) **to download files and enter your athletes.**
  3. **If you are not using Hytech, send your roster and entries to John Burke at** [**john@performancetiming.com**](mailto:john@performancetiming.com)
  4. **Entries are due by 2:00 p.m. on Tuesday, March 24th.**

**3. Entry fee $125.00.** Please send to the West Business Office or bring it to the meet.

4. Scoring: 10-8-6-5-4-3-2-1 for all events.

5. Field events begin at 4:15 with running at 4:45 starting with the two mile run. This is done to

allow field events extra time. Regular running events will follow immediately.

6. All races will be set up according to times sent in. Use this year’s times whenever possible

and be realistic when guesstimating.

7. Coaches Meeting at 3:45 to make scratches and changes.

8. Field Events:

Shot Put--Three attempts with top nine going to finals. 1-1-1 format.

Pole Vault-- Beginning height 8-0, 9-0,10-0, then 6" intervals. 1-1-1 format.

High Jump--Beginning height 5"0", 5'4", then 2" intervals. 1-1-1 format.

Long and Triple Jump--Open Pit with four attempts and no finals, LJ first then TJ. No holding positions for teammates or back-to-back jumps.

9. 55 dash and hurdles will be eight fastest times to the finals.

10. Relays:

* 4 Lap Relay--First runner in lanes all the way, first exchange in lanes all other exchanges are sliding.
* 1600 Meter Relay--First runner two turn stagger and cut all exchanges are sliding.

11. Awards--Medals for 1st – 3rd. Team Champion Award.

12. A time schedule has been set up but we will run ahead of schedule when possible.

13. If you have any questions call me at: School (715)261-0850 Ext. 34290 or Home (715)212-5503

**TEAMS:**

Amherst

Athens

Auburndale

Colby

Edgar

Kewaunee

Marathon

Medford

Wausau East

Wausau West

Wittenberg-Birnamwood

**Warrior Invitational**

**Order of Events**

**4:15 Field Events**

Shot Put

High Jump

Pole Vault

# Long Jump followed by Triple Jump

**4:45 Running Events**

55 M. High Hurdle Trials

55 M. Dash Trials

1600 M. Run

55 M. High Hurdle Finals

55 M. Dash Finals

400 M. Dash

Four Lap Relay

200 M. Inter. Hurdles

800 M. Run

200 M. Dash

3200 M. Run

1600 M. Relay