

Ladysmith Track & Field Meet

Middle School Invite

Date/Schedule	Monday, May 2nd Coaches Meeting – 4:00 p.m. (Scratches only) Near the finish line Field Events Begin – 4:30 p.m. (All Field Events open for warm-ups at 4:00 p.m.) Running Events Begin – 5:00 p.m.
Location	Ladysmith Middle/High School 1700 Edgewood Ave. E.; Ladysmith, WI 54848
Entry Fee	\$100 – Please make checks payable to Ladysmith School District; Attn: Troy Gago
Entries	PTtiming Register through MileSplit You will need to pay PTtiming's late fee if you miss the registration deadline Heat sheets should be posted on pttiming.com prior to the meet <ul style="list-style-type: none">● Unlimited entries per individual events● Unlimited entries for relays - only top relay will score - no need to declare relay entries● Each athlete may only compete in 3 events, with no more than 2 running & 1 field or 1 running & 2 field events. Relays and Hurdles count towards the running total.
Events Order/Times	<u>Running Events - (Finals Only)</u> 100m Hurdles (Girls, then Boys) 100m Dash (Girls, then Boys) 1600m Run (Girls, then Boys) 800m Relay (Girls, then Boys) 400m Dash (Girls, then Boys) 400m Relay (Girls, then Boys) 800m Run (Girls, then Boys) 200m Dash (Girls, then Boys) 1600m Relay (Girls, then Boys) <u>Field Events - (Finals Only)</u> Long Jump - Open Pit until 6:00 p.m. - 3 jumps Triple Jump - Open Pit until 6:00 p.m. - 3 jumps Shot Put (Girls, then Boys) – In Flights, if needed - 3 throws Discus (Boys, then Girls) – In Flights, in needed - 3 throws High Jump (Girls, then Boys) Pole Vault (Boys, then Girls)
Scoring	None. Times and marks will be recorded, but no scoring or placing of athletes will take place. Our goal for this meet is to not place restrictions on event entries and to have the meet move along quickly.

Teams Invited	Bloomer, Bruce, Cameron, Flambeau, Hayward, Ladysmith, Lake Holcombe/Cornell, New Auburn, Phillips, Prentice, Winter
Results	Emailed to coaches after the meet
Track/Spikes	6 lane rubberized track ¼ inch spikes are allowed for all running and jump events
Parking	Parking lot east side of the high school
Other	To make this meet run more smoothly, most of our field events will be worked by our event coaches and our high school athletes. I have told them that they are allowed to coach our athletes while working at the event.

NO PETS!!

10 Hurdles at 30" for 100m Hurdles Race, 9 ft. LJ Board, 21 ft. TJ Board, 1 kg. Discus for boys & girls, 8.8lb. Shot Put for boys, 6 lb. Shot Put for girls

Unless otherwise stated, all other NFHS/WIAA rules will apply.

Questions Contact Bailey Naas (Head Coach) at bnaas@sdlwi.org