

Antigo High School

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TO: Head Boys and Girls Track Coaches
Antigo, Gresham, Marion,
Menominee Indian, and Wittenberg-Birnamwood
FROM: Matt Meronk, Activities Director
RE: Antigo Indoor Track Meet

The Alfonso indoor track meet will be held on Monday, March 30th at Antigo High School. Field events will begin at 4:00 pm with running events scheduled to begin at approximately 4:45pm.

The Entry Fee is \$100.00 per team/ \$160 total - please send to Antigo High School.

There are unlimited entries for this meet, but an athlete can't be in no more than 4 events (no more than 3 field or 3 running). The meet will be scored up to 5 places (8, 6, 4, 2, 1). Rosters and entries can be entered through the timing company's website.

DirectAthletics at www.directathletics.com

Questions: contact Clark Jillson at chvjillson@aol.com

All entries need to be in by Saturday, March 28th by 11:59 pm.

You will be allowed to make changes at the meet.

Event Numbers/Order of running events begin at 4:45pm

- | | |
|--------------------------|---------------------------------------|
| 1. 24 Lap Relay | 10. 200 M dash |
| 2. 45 Meter High Hurdles | 11. 3200 M run |
| 3. 45 Meter Dash | 12. 12 lap relay |
| 4. 1600 Meter Run | <u>Field Events:</u> High Jump |
| 5. 8 Lap Relay | Begin at 4:00pm Pole Vault |
| 6. 400 Meter Dash | Long Jump |
| 7. 4 Lap Relay | Triple Jump |
| 8. Throwers relay | Shot put |
| 9. 800 M run | |

Reminder that the running surface is WOOD. NO spikes allowed. NO plastic soled bottoms on shoes as they will slip.

Long and Triple Jump runways are over 100 feet long. Long jumpers will have from 4:00pm - 4:45pm to get the jumps in followed by the Triple jumpers around 5:00pm. There are unlimited entries for this meet, but an athlete can't be in no more than 4 events (no more than 3 field or 3 running). The meet will be scored up to 5 places (8, 6, 4, 2, 1). The pit is filled with shredded tires, not sand.

The pole vault runway is 75 feet long.

The running track is 117.5 meters around. Sprints and hurdles are 45 meters.

There are unlimited entries for this meet, but an athlete can't be in no more than 4 events (no more than 3 field or 3 running). The meet will be scored up to 5 places (8, 6, 4, 2, 1). We want as much participation as possible. Enter all of your rosters and event sign ups with Clark Jillson. Information is on the attached cover letter.

A concession stand will be available during the meet.

If you have any questions contact Matt Meronk at mmeronk@antigo.k12.wi.us or Andrea Kohler at akohler@antigo.k12.wi.us or Darren Drewek at ddrewek@antigo.k12.wi.us

Thanks and see you all on Monday, March 30st –doors open at 3:15pm to visiting teams.