



Barron Track & Field HON Meet

Monday, April 29th 2024

To: Athletic Directors & Coaches (Ashland, Cumberland, Hayward, Ladysmith)

From: David Seis & Jessica Gravesen - Barron Track & Field Head Coaches

Location: Barron High School Track & Field and Football Stadium

Facilities: 8-lane Rubberized Track- ¼" pyramid spikes may be used
Bathroom facilities in the concessions stand (southwest corner of stadium).
Concessions will be provided by Kiwanis—please support this organization that does many great things for our community!

Time: 3:30pm-Coaches' meeting near press box on west side of track
3:45-Wheelchair Shot Put
4:00pm-Field Events begin
4:30pm-Running Events begin

Entries: Timing will be provided by AccuRace Timing Services. Entries will be done through MileSplitWI wi.milesplit.com Registration must be completed by 12:00PM (NOON) on Sunday, April 28th. Individual entries are unlimited. Limit of two teams per relay event. Heats may be combined.

Field Events: Long Jump: Pit open for Girls from 4:00-5:15; Followed by Boys (15 min warm up) - 4 jumps
Triple Jump: Pit open for Boys from 4:00-5:15; Followed by Girls (15 min warm up) - 4 jumps
High Jump: Girls Followed by Boys; opening heights determined at coaches meeting
Pole Vault: Boys Followed by Girls; opening heights determined at coaches meeting
Discus: Boys Followed by Girls-4 throws
Shot Put: Girls Followed by Boys-4 throws
There will be no preliminaries; all events will be finals.

Running Events: (Girls, followed by Boys) 3200m Relay
100m High Hurdles (Girls)
110m High Hurdles (Boys)
100m Dash
*100m Wheelchair between girls/boys 100m
1600m Run
800m Relay
400m Dash
*400m Wheelchair between girls/boys 400m
400m Relay
300m Low Hurdles (Girls)
300m Intermediate Hurdles (Boys)
800m Run
200m Dash
3200m Run
1600m Relay

Contact:

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