

Barron Middle School Track Meet

Teams: Ashland, Barron, Bloomer, Hayward, Ladysmith, Spooner, St. Joseph's Catholic

Fee for non HON schools \$100

Welcome to our Track Meet scheduled for Monday, May 5, 2025. Field events will start at 4:00, running events will start at 4:30. It will be held at our High School Track. Athletes may compete in four events, but no more than three running, or field events. We hope this will be a fun experience for all participants.

We will be using AccuRace Timing to register for the meet. Coaches please log on to Athletic.net to complete your registration. The deadline for registration is 12:00PM (NOON) on Sunday, May 4th. Seventh graders will compete against seventh graders, Eighth against eighth. Seventh grade girls, seventh grade boys, eighth grade girls, and eighth grade boys will be the order we will run the running events.

The order of running events will be:

100m hurdles (5 hurdles)

100m dash

1600m run

4 x 100m relay (Visiting coaches will be asked to assist with exchange zones)

400m dash

200m dash

800m run

4 x 200m relay (Visiting coaches will be asked to assist with exchange zones)

Field Events will start as follows:

Shot Put (3 attempts) Girls 4:00-5:00, boys 5:00-6:00

Discus (3 attempts) boys 4:00-5:00, girls 5:00-6:00

Long Jump boys and girls (two pits; 3 attempts) 4:00-6:00

High Jump girls 4:00-5:00, boys 5:00-6:00

We will have a brief coaches meeting in the press box at 3:30 before the meet. Looking forward to seeing you on Monday.

Please give your parents and other spectators a heads-up that only coaches and athletes will be allowed on the infield during the meet. Thank you!

Concessions will be available.