

Black Hawk Early Bird

Track & Field Meet @ Black Hawk H.S.

Date: Tuesday, March 31

Time: Field Events @ 4:00, Running Events @ 4:30 PM

Entries: Entries will be done via milesplit.com. Please submit by 12:00 PM, Monday, March 30. If you have any questions, please contact me (Eric Erickson) at 608-966-3626 or erieri@blackhawk.k12.wi.us

Limits: Unlimited Entries (**NO pole vault**)

Teams: Albany, Belmont, Benton/Scales Mound/Shullsburg, Black Hawk, Christian Impact Academy, Darlington, Monticello

Fee: \$125

Timing services provided by Accuracetiming

Track and runways are rubberized, all-weather, ¼ inch spike for track and runways. Throwing slabs are concrete.

Schedule of Events:

4:30	4x8 Relay	4:00	Girls/Boys Long Jump (open pit until 5:30pm or completion)
	High Hurdles		Girls/Boys Triple Jump (open pit until 5:30pm or completion)
	100 Dash		Girls High Jump (boys to follow-listen for call)
	1600 Run		Girls Shot Put (boys to follow-listen for call)
	4x2 Relay		Boys Discus (girls to follow-listen for call)
	400 Dash		
	4x1 Relay		
	300 Hurdles		
	800 Run		
	200 Dash		
	3200 Run		
	4x4 Relay		

*** Track events will be on a rolling schedule.

*** **4 X 800 Relays, 1600m and 3200m** will be run CO-ED if numbers allow us to combine***

Field Events: This may be adjusted with numbers. We can finalize at the meet

Long & Triple Jump –3 jumps, no finals

High Jump – Starting height Girls – 3'10" Boys – 4'10"

Shot & Disc –3 throws, no finals - athletes will be able to make multiple throws

Discus is located across the foot bridge to the east of the track on the other side of the cemetery.

Black Hawk does not have POLE VAULT facility

Bathrooms are located inside the school, through the doors nearest the track (to the left of the gym).

Concessions are available on the back side of the little shed on the northwest side of the track.

Exchange Zones: 4x2(red/yellow) 1st and 3rd Monticello, Black Hawk 2nd – Starter

4x1 (yellow) 1st Albany 2nd Darlington 3rd BSMS

Buses and Drop off - Please have your buses drop off the team along the north side of center street.

Team camps should be set up on the football field. Do not set up on the infield of the track or on the southwest corner of the track.

We will **not have a Trainer** on sight for this meet. Ice for injuries and first aid materials will be available.