

BANGOR HIGH SCHOOL
BANGOR BRUCE BREWER INVITATIONAL
TUESDAY, APRIL 30, 2024

LOCATION: Bangor High School, 700 10th Avenue South, Bangor, WI

TIME: 3:30 PM Coaches Meeting High School Cafeteria
3:30 PM All Field Events Open for Warm-Up
3:45 PM Field Events
4:12 PM National Anthem
4:15 PM Running Events

TEAMS: Alma/Pepin, Aquinas, Bangor, Black River Falls, Brookwood, Cashton, Cochrane-Fountain City, Kickapoo/La Farge, Luther, Mauston, Melrose-Mindoro, Necedah, New Lisbon, Providence Academy, Royall, Sparta, Westby (**Entry Fee - \$150 – Please Send or Bring Check with You**)

ENTRIES: *Regional Format (28 Total Entries) and 1 Relay Team*
You will be allowed to scratch and replace. No additions.

ENTRY PROCEDURES:

Step 1: Register online at <http://www accuracetimeing.com/>

Step 2: Submit entries by going on <http://www accuracetimeing.com/>

Step 3: Click on Upcoming Meets and find the BANGOR BRUCE BREWER INVITATIONAL.
Final entries are due **4/28/2024 (Sunday) 10:00pm**

TRIALS AND FINALS: 100/110 Hurdles; 100m Dash; Field Events Are All Finals

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or “Christmas tree” spikes please. Also, please do not use athletic tape on track for marks in field events. Chalk will be provided.

SCORING: 10, 8, 6, 5, 4, 3, 2, 1; Overall Team Scores Will Also Be Kept

STARTING HEIGHTS:

High Jump	Boys – TBD	Girls – TBD
Pole Vault	Boys – TBD	Girls -- TBD

SHOT: Girls First Until Completion with Boys to Follow

DISCUS: Boys First Until Completion with Girls to Follow

POLE VAULT: Boys First Until Completion with Girls to Follow

LONG JUMP: Girls/Boys Cafeteria Format

TRIPLE JUMP: Boys/Girls Cafeteria Format

HIGH JUMP: Boys and Girls Will Jump Simultaneously on Two Pits

RESULTS: Live Results through ACCURACE. <https://www accuracetimeing.com/info>

AWARDS: Top 3 Individuals –Awards Located in Press Box–Awards for Top 2 Boys and Girls Teams at End of Meet

TEAM AREAS: Please set up camps alongside the high school east of the main entrance (toward the baseball/softball fields) —south side of track.

ADMISSION & CONCESSIONS: \$3 Adults/\$2 Students; Concessions will be available on site.

BANGOR HIGH SCHOOL
BANGOR BRUCE BREWER INVITATIONAL
TUESDAY, APRIL 30, 2024
ORDER OF EVENTS

3:45 PM All Field Events

Shot Put 3 Throws (Will Measure 1st Throw; 2nd & 3rd Throws Minimum Lines 25' Girls & 30' Boys)-NO FINALS

Discus 3 Throws (Will Measure 1st Throw; 2nd & 3rd Throws Minimum Lines 60' Girls & 80' Boys)- NO FINALS

Triple Jump 3 Jumps- Boys/Girls Cafeteria Format; NO FINALS

Long Jump 3 Jumps- Girls/Boys Cafeteria Format; NO FINALS

High Jump Starting Height—To Be Determined—Boys and Girls Will Jump Simultaneously on Two Pits. Boys Pit to South – Girls Pit to North. We will use the “Five Active” procedure.

Pole Vault Starting Height—To Be Determined; Boys First Girls to Follow; We will use the “Five Active” procedure.

4:15 PM All Running Events

1600M Coed Wheelchair

3200M Relay

100M Dash Trials

100/110M Hurdles Trials

15 Minute Break

110/100 High Hurdles Finals

100M Coed Wheelchair

100M Dash Finals

1600M Run

800M Relay

400M Coed Wheelchair

400M Dash

400M Relay

300M Intermediate Hurdles

800M Run

800M Coed Wheelchair

200M Dash

3200M Run

1600M Relay

Officials & Jury of Appeals: Meet Officials-STEVE BERG TIMOTHY LEE; Meet Manager-Dan Rampetsreiter (Bangor); Jury of Appeals Coaches-Chris Yanske (Westby); Heidi Maurhoff (Brookwood); Alternate Mike Jones (Sparta)

Relay: 4X200 (Cashton/Mauston; Luther/Kickapoo-La Farge) 4X100 (Royall/Alma/Pepin, Aquinas/BRF, New Lisbon/Melrose-Mindoro)

Schedule: We will not follow a definitive time schedule but because of the number of teams will try and keep the meet moving. The running portion of the meet will begin with the 1600M Coed Wheelchair OR 4x800 relay and proceed as quickly as we can. The plan is to have the meet rain or shine.

Questions Contact: Dan Rampetsreiter @ drampetsreiter@bangorsd.net, 262-993-9098