

Cochrane-Fountain City High School
Early Bird Track Meet
Tuesday, April 7, 2015

Teams: Alma/Pepin, West Salem, and Cochrane-Fountain City

Entries: Will be done electronically through www accuracetimeing.com. Click on Meet Information and upcoming meets will be listed by date. The Entries link will take you to www.directathletics.com for the actual entries. Entries are due by **10:00 am on Monday, April 6**. Unlimited entries for individual events and relays, but only your top 3 individuals and top relay will be counted for points. Scratches and substitutions can be taken care of at the coaches meeting. The WIAA limit of 4 total events/athlete will be enforced.

Times: Coaches Meeting - 4:00
Field Events - 4:15
Running - 4:30

Facility: We have a Fisher Polyurethane 13 mil surface on the track and all runways. Please do not use tape or spikes longer than 1/4" long.

Team Camps: Please set up team camps outside the fenced area.

Scoring: Individuals 5-3-2-1, Relays 5-3. There will be no medals or ribbons.

Concessions: Will be available on site.

Restrooms: Will be available inside the school building. No spikes inside the school building.

Schedule of Events:

3200m Relay
100/110m Hurdles
100 m Dash
1600m Run
800m Relay
400m Dash
400m Relay
300m Hurdles
800m Run
200m Dash
3200m Run
1600m Relay

Field Events:

- Four throws and horizontal jumps, no finals
- Long and Triple Jump will be cafeteria style
- High Jump and Pole Vault opening heights determined at coaches meeting
- High Jump and Discus will have girls first
- Shot Put and Pole Vault will have boys first