

**Cochrane-Fountain City Junior High School**  
**Early Season Track Meet**  
**Monday, April 21, 2014**

**Teams:** Independence, Arcadia, Alma-Pepin and Cochrane-Fountain City

**Entries:** Will be done electronically using [directathletics.com](http://directathletics.com). Entries must be submitted by midnight on Saturday, April 19. Unlimited Entries for both individual and relay events. There is a three event limit on each athlete, no more than two running events or two field events.

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

**Facility:** We have a new Fisher Polyurethane 13 mil surface on the track and all runways. Please do not use tape or spikes longer than ¼" long. We also ask that you do not use any tape, chalk is fine.

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

**Scoring:** Individuals 6-4-3-2-1, Relays 6-4-2  
There will be no medals or ribbons given out.

**Concessions:** Will be available on site.

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

<b>Schedule of Events:</b>	200m Dash
100m Hurdles (10 hurdles, 30")	1600m Relay
100m Dash	
1600m Run	
800m Relay	
400m Dash	<b>Field Events:</b>
400m Relay	• Four throws and horizontal jumps
800m Run	

- Long and Triple Jump will be cafeteria style
- High Jump opening height determined at coaches meeting
- High Jump and Discus will have girls first
- Shot Put will have boys first