

Junior High Track Invite
Cochrane – Fountain City High School
Monday, April 10, 2017
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Teams: Alma – Pepin, Arcadia, Black River Falls, Independence – Gilmanton, GET, CFC,

Time: Coaches meeting will be held at 4:00 pm in the press box. Field events will begin at 4:15 pm and running events will begin at 4:45 pm.

Entries: Entries will be done online through Accurace Timing Services. Go to www.directathletics.com to complete your online entries. Please log in well in advance so you are sure of the set up. Entries will close on Saturday, April 8 at 12:00 pm.

Because of the number of teams we will limit entries to 5 entries per individual event, and 2 relay teams per relay in the 4 by 100 only. The 4 by 200 and 4 by 400 will only be allowed one entry.

Order of Events: Running Events – Girls Followed by Boys

100 M Hurdles
100 M Dash
1600 M Run
4 x 200 M Relay
400 M Dash
4 x 100 M Relay
800 M Run
200 M Dash
4 x 400 M Relay

FIELD EVENTS

Girls Discus followed by boys
Long and Triple Jumps – Cafeteria Style (pits open 4:15 pm – 6:00 pm)
Boys shot put followed by girls
Girls High Jump followed by boys (if both pits are set they will run at the same time)

Athletes will receive three (3) throws in the shot put and discus and three (3) jumps in the long and triple jump. No finals will be held. WIAA season regulations will govern all competition in the vertical jumps. High Jump opening height will be determined at the coaches' meeting.

Facility: The track is an 8 lane Fisher Track. ¼ inch pyramid spikes may be used on the track, on all runways, and jumping surfaces. Tape is not allowed on any of the surfaces. Chalk will be provided for athletes to mark starting points.

Scoring: NFHS scoring will be used for a six (6) team meet. Individual events will be score at a 10-8-6-4-2-1 basis, scoring the top 6 places. Relay events will be scored 10-8-6-4-2.

Additional Information: No admission will be charged for this meet. No team entry fee will be charged. Team buses are asked to park around the back side of the school according to the attached map. Concessions will be available for purchase. Please keep team camps outside the track in the designated area next to 100 and hurdle starting line. Athletes should not be warming up in the infield area.