

Memo

To: ATHLETIC DIRECTORS AND HEAD TRACK COACHES

Subject: MVC/Coulee Track Meet

Date: April 1, 2015

Welcome to the 2015 MVC/Coulee Track Meet! We look forward to seeing you on **April 14** at Holmen High School. **The field events will start at 3:30 PM.** Running events will begin at 4:15 PM. Please do not hesitate to call the Activities Office if you have any questions. Thank you!

There are a few important points for this meet:

- You may enter **THREE** athletes per event **except TWO** entries for Pole Vault and **ONE** relay team per relay event. **Please note boys pole vault will run 1st this year.**
- The Coaches Meeting will take place at 3:15 PM in the brick storage building at the north end of the track near the start of the 100 M Dash
- Lynx Timing System
- All events are finals (No Trials)
- **SCORING:** 10-8-6-5-4-3-2-1
- Athletes may use ¼ inch spikes or smaller
- **ENTRY FEE:** \$170 – both teams
- **SCHOOLS ATTENDING:** Aquinas, Arcadia, Black River Falls, Central, G-E-T, Holmen, Logan, Onalaska, Onalaska Luther, Tomah, Viroqua, West Salem, Westby

ONLINE ENTRY FORMS WILL BE OPEN UNTIL NOON ON MONDAY, APRIL 13. GO TO:

- ✓ www.directathletics.com: TO ACCESS ONLINE ENTRY FORM.
- ✓ Click on Upcoming Events and find the MVC/Coulee Invite Track Meet on April 14, 2015.
- ✓ Register your school just like you do when you do entries for WIAA Regionals
 - When entering relays, we just need the race (400, 800, etc.) and a seed time. We do not need the athlete names.
 - Seeded heat sheets will be posted at <http://www accuracetiming.com> on Monday, April 13 by 5:00 PM.

Sincerely,

Mark Englerth, Activities Director

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MVC/Coulee Invite Meet Time Schedule

April 14, 2015

Field Events – 3:30 PM

Two high jump pits. Starting heights will be set at the Coaches' Meeting.

Long Jump & Triple Jump – Cafeteria Style. 3 jumps, no finals.

Girl's Long Jump / Boy's Triple Jump – 3:30-5:00 p.m.

½ hour warm-up;

Boy's Long Jump / Girl's Triple Jump – 5:30-7:00 p.m.

Shot & Discus – 3 throws, no finals; one throw at a time, then move through the order within your flight, last throw must be made prior to the end of time limit for each group.

Boy's Discus / Girl's Shot – 3:30-5:00 p.m.;

½ hour warm-up;

Girls Discus / Boy's Shot – 5:30-7:00 p.m.

Boy's Pole Vault will run first followed by Girl's Pole Vault. (Boys will start at 8 feet increasing by 1 foot to 9 feet, then increase by 6-inch increments. Girls starting height will be 6 feet and will increase by 1 foot to 7 feet, then will increase by 6-inch increments.)

Running Finals – 4:15 PM

Girls	3200 M Relay
Boys	3200 M Relay
Girls	100 M High Hurdles
Boys	110 M High Hurdles
Girls	100 M Dash
Boys	100 M Dash
Girls	1600 M Run
Boys	1600 M Run
Girls	800 M Relay
Boys	800 M Relay
Girls	400 M Dash
Boys	400 M Dash
Girls	400 M Relay
Boys	400 M Relay
Girls	300 M Low Hurdles
Boys	300 M Intermediate Hurdles
Girls	800 M Run
Boys	800 M Run
Girls	200 M Dash
Boys	200 M Dash
Girls	3200 M Run
Boys	3200 M Run
Girls	1600 M Relay
Boys	1600 M Relay