



2016 IntraCity Meet



EAU CLAIRE NORTH HIGH SCHOOL

1801 Piedmont Rd. - Eau Claire, WI 54703

Tuesday May 10th, 2016

TO: AD's and T&F Coaches at Altoona, Eau Claire North, Eau Claire Memorial, Regis

FR: Joe Eisenhuth, Athletic Director / Adam Sturgis, Head Coach

Please contact us if you have any questions

Joe Eisenhuth (715-852-6608) - Adam Sturgis (715-852-6655)

Entry Guidelines:

- Entries at www accuracetimeing.com. Deadline is 8:00 PM on Sunday, May 8th. *Accurate Timing* will provide heat sheets, race timing and printed results.
- Unlimited Entries except 2 relay teams per relay event
- Additions & Substitutions will be allowed on the day of the meet but events will not be reseeded.

Event Specifics:

- All events will be **FINALS**
- Long Jump, Triple Jump, Shot Put, Disc – 4 attempts.
- Only ¼" pyramid spikes allowed
- Chalk will be the only method of marking allowed on the surfaces – Chalk will be provided.

ORDER OF EVENTS

3:30 Coaches Meeting (Mid-Field)

4:00 FIELD EVENTS	Discus / Pole Vault:	Boys first with girls to follow
	High Jump / Shot Put:	Girls first with boys to follow
	Long Jump / Triple Jump:	Cafeteria Style – boys and girls together

4:30 RUNNING EVENTS (Girls followed by Boys)

- 4 x 800 Relay (Boys & Girls together if entries allow)
- 100 Hurdles / 110 Hurdles
- 100 Dash
- 1600 M Run
- 4 x 200 Relay
- 400 M Dash
- 4 x 100 M Relay
- 300 M Hurdles
- 800 M Run
- 200 M Dash
- 3200 M Run (Boys & Girls together if entries allow)
- 4 x 400 M Relay

