



OLD ABE TRIANGULAR



TO: A.D.'s and Track Coaches at Chippewa Falls, Eau Claire Memorial,
Black River Falls

FROM: Trevor Kohlhepp– Activities Director – Eau Claire Memorial High School

RE: Track Meet - Tuesday, May 5, 2015

Entries: We have contracted with Accurace Timing Services for this meet. Accurace Timing will provide the race timing and printed results. To submit your entries go to www.directathletics.com. If you have any questions, feel free to contact us at school: 715 852-6308. The school fax number is 715 852-6325.

ENTRY FEE: (Please send to Memorial, if you haven't already)

START TIMES: Field events 3:45 p.m.
Running events 4:15 p.m.

ENTRIES: Unlimited entries in all events.



Reminders: **Entries Deadline is Noon on Sunday, May 3rd.**
No Adds will be allowed the day of the meet!

OTHER INFORMATION:

1. 4 attempts per competitor in long jump, triple jump, shot put and discus. **No finals.**
2. All running and field events will be **finals only** – NO prelims.
3. ¼" spikes allowed
4. Sidewalk chalk is the only marking material allowed - no tape!

See you at Eau Claire Memorial on May 5, 2015!

Mark Johnson
Girls' track and field coach

Corey Fritz
Boys' track and field coach

2015 OLD ABE TRIANGULAR TRACK & FIELD INVITATIONAL

3:45 FIELD EVENTS Discus: Boys first with girls to follow
High Jump: Girls first with boys to follow
Long Jump and Triple Jump: Cafeteria Style - boys and girls simultaneously
Pole Vault: Boys first with girls to follow
Shot Put: Girls first with boys to follow

4:15 RUNNING EVENTS

Girls 4 x 800 Relay
Boys 4 x 800 Relay (We will run both genders together if entries allow)

Girls 100 Hurdles
Boys 110 Hurdles

Girls 100 Dash
Boys 100 Dash

Girls 1600 Run
Boys 1600 Run

Girls 4 x 200 Relay
Boys 4 x 200 Relay

Girls 400 Dash
Boys 400 Dash

Girls 4 x 100 Relay
Boys 4 x 100 Relay

Girls 300 Hurdles
Boys 300 Hurdles

Girls 800 Run
Boys 800 Run

Girls 200 Dash
Boys 200 Dash

Girls 3200 Run
Boys 3200 Run (We will run both genders together if entries allow)

Girls 4 x 400 Relay
Boys 4 x 400 Relay