

Memo

To: ATHLETIC DIRECTORS AND HEAD TRACK COACHES

From: Mark Englerth, Activities Director

Subject: Empire Track Invitational

Date: March 24, 2015

Welcome to the 2015 Empire Track Invitational! You should find all the information necessary to answer your questions with this email. We look forward to seeing you on **April 7** 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 boys & girls teams
- **SCHOOLS ATTENDING:** Blair-Taylor, Cashton, Cochrane-Fountain City, De Soto, Eau Claire Memorial, Holmen, Independence/Gilmanton, Logan-JV, Mauston, Onalaska Luther, Tomah, Whitehall

**ONLINE ENTRY FORMS WILL BE OPEN
FROM MONDAY, MARCH 30 UNTIL NOON ON SUNDAY, APRIL 5.
GO TO:**

- ✓ www.directathletics.com: TO ACCESS ONLINE ENTRY FORM.
- ✓ Click on Upcoming Events and find the Empire Invite Track Meet on April 7, 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 6 by noon.

Sincerely,

Mark Englerth, Activities Director

Empire Invite Meet Time Schedule

April 7, 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