



G-E-T “Sporty Salsman” Invite

Date: April 26, 2024

Site: GET HS in Galesville, WI

Welcome teams and coaches to the 2024 Sporty Salsman Invitational. We look forward to hosting you on Friday, April 26th at the G-E-T High School Sports Complex. Please note the following information regarding entries, and general meet details.

- **Teams:** Arcadia, BRF, CFC, GET, Logan, Mel-Min, Providence Academy, Sparta, Virouqa, West Salem
- **Coaches meeting** - 3:50 on 50 yd line
- **Events:** Field Events @ 4:15 Running Events @ 4:45. Detailed schedule included below.
- **Online Entries:** Entries will be through MileSplit at www.wi.milesplit.com.
- **Entry Deadline is Thursday, April 25th, 12:00pm.** AccuRace Timing Services will provide timing and live results.
- **Entry Limitations:** **Four** entries allowed for: individual running events, Long Jump, Triple Jump, High Jump, and Shot. **Three** entries allowed for each gender in the Pole Vault and **Two** entries allowed for each gender in discus.
- **Two Relays:** One additional, non-scored exhibition relay race may be submitted.
- **Scoring:** Individuals to eight places (10-8-6-5-4-3-2-1), Relays score to six places. (10-8-6-4-2-1)
- **Awards:** Medals will be given for 1st -3rd place.
- **Entry Fee:** \$200 for both or \$100 for one gender.
- **Concessions:** Available throughout the meet.

Site Information: We have an 8-lane, 400M seal-flex track. Long and triple jump runways run east and west, pits will be determined by the wind. Shot and discus circles are concrete circles. Use chalk (not tape) on high jump and all runways. Chalk will be available. Only ¼ inch spikes allowed.

Team Camps: Set up near the long and triple jump runways. See map below.

Buses drop off & parking: 17511 N Main St. Galesville, WI 54630

Drop off behind the school, at the stadium entrance and then park buses in the fairgrounds.

Questions? Contact Athletic Director Rick Schmidt rickschmidt@getschools.k12.wi.us or co-head Coach Paula Gold paulagold@getschools.k12.wi.us



Schedule of Events

3:50 Coaches Meeting on infield at 50 yard line. Inclement weather, Multipurpose room in the main building behind the concession stand.

4:15 Field Events Begin

- Ten minute warm up between flights.
- Cafeteria style in long and triple jump 4:15 to 5:30 and 6:00 to 7:15
- 4 jumps and throws. No finals.
- We run two high jump pits. Boys (red) and girls (blue) will compete at the same time. Starting **Heights to be determined at the coaches meeting.**

Shot Put	Girls	Boys
Discus	Boys	Girls
Pole Vault	Boys	Girls
Long Jump	Girls 4:15 to 5:30	Boys 6:00 to 7:15
Triple Jump	Boys 4:15 to 5:30	Girls 6:00 to 7:15
High Jump	Boys (red) and Girls (blue) at the same time.	

4:45 Running Events Begin Girls will run first, boys second.

4x800 Relay
 100M Dash Prelims
 100/110 Hurdles Prelims
 Finals Begin 15 minutes after completion of trials
 100/110 Hurdle Finals
 100M Dash Finals
 1600M Run
 4x200 Relay
 400M Run
 4x100M Relay
 300M Hurdles
 800M Run
 200M Dash
 3200M Run (May be combined)
 4x400M Relay
Throwers Relay? Pole Vault Relay?

