

To: ATHLETIC DIRECTORS AND HEAD TRACK COACHES

From: Mark Englerth, Activities Director

Subject: Middle School Track Meet in Holmen

Date: April 23, 2015

Welcome to the Holmen Middle School Track meet held on April 23, 2015 at Empire Stadium, Holmen. You should find all the information necessary to answer your questions with this email. We look forward to seeing you on **April 23** at Holmen High School Empire Stadium. **The field events will start at 4:30 sharp or a little earlier if all teams have arrived and are ready to go.** Running events will start about 5 minutes later. 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:

- There are unlimited entries in all events **except please no more than 4 entries in the high jump.**
- Please find the Holmen coaches as soon as you get to the meet to make any changes necessary.
- All events are finals
- There will be 4 attempts in the long jump, triple jump, shot put and discus
- Athletes may use ¼ inch spikes or smaller
- SCHOOLS ATTENDING: Holmen, Sparta, Aquinas, Tomah

ONLINE ENTRY FORMS WILL BE OPEN

FROM THURSDAY, APRIL 16 UNTIL NOON APRIL 21, 2015

- ✓ www.directathletics.com: TO ACCESS ONLINE ENTRY FORM.
- ✓ Click on Upcoming Events and find the Holmen Middle School Track Meet on April 23, 2015
- ✓ Register your school...you may need to create a new account
 - When entering relays, we just need the race and seed time. Please number each team if you have more than one and be sure your athletes know the team number they are running with. You may wish to enter one athlete's name to assist in them knowing the team at the staging area.
 - Please guess on a time even though it may be your first meet. Races will be seeded by time. Field events need no distance entered.
 - Seeded heat sheets will be posted at <http://www accuracetimeing.com> on Wednesday, April 22 by noon.

ORDER OF RUNNING EVENTS

100 METER LOW HURDLES

100 METER DASH

1600 METER RUN

4X200 METER RELAY

400 METER RUN

4X100 METER RELAY

200 METER LOW HURDLES

800 METER RUN

200 METER RUN

4X400 METER RELAY

FIELD EVENTS

LONG JUMP

TRIPLE JUMP

HIGH JUMP

SHOT PUT

DISCUS