

5th Annual Iola-Scandinavia CWC Middle School Invitational

May 3rd, 2014

To: Rosholt, Weyauwega-Fremont, Bowler/Gresham, Shiocton, Amherst, Manawa, Menominee Indian, Wild Rose, Wittenberg-Birnamwood, Marion, Port Edwards, Bonduel & St Peters

From: Chad Gagas, Chris Nelson, and Tom Hutchison; Middle School Track Coaches, Iola-Scandinavia
Phone: (715) 445-2411 ext. 308 (May 4th emergency number ONLY (715) 630-4086)

Order of Field Events: Start Time 10:00 am

Girls' shot, followed by boys: three attempts no finals

Boys' discus, followed by girls: three attempts, no finals

- All schools participating in the shot and disc will use the same shot (4K weight) and disc (1K weight) provided by Iola to ensure consistent weights are being used. You may warm up with your school's equipment.
- Shot and disc will be run open style, no flights, no check ins/outs, make sure your athletes throw in a timely manner

Open long and triple jump: three attempts, no finals, cafeteria style

- Pits close at 1:30 pm
- Long jump board length is 8'0"

Girls' high jump, followed by boys

- Starting heights: Girls 3'10" and Boys 4'2"
- Athletes will be out if they miss 3 jumps at the same height or accumulate 4 misses total during the event

Order of Running Events - Start Time 10:30 am (Girls followed by Boys):

100 Meter Hurdles

100 Meter Dash

1600 Meter Run

800 Meter Relay

400 Meter Dash

400 Meter Relay

800 Meter Run

200 Meter Dash

1600 Meter Relay

We have an 8 lane sealed asphalt track, no spikes are permitted

Guidelines:

1. *****If your athletes are not entered in Direct Athletics before it closes your school will not be able to participate in the meet. We are not going to be able to add any schools on the day of the event. It is each coach's responsibility to make sure your team is entered before arriving.*****
2. Please make sure to enter all of your athletes that will be participating with Direct Athletics by the deadline. Online registration will **open April 25th at noon and it will close by May 2nd at noon**. The website for Direct Athletics is <http://www.directathletics.com/>. Results will be posted on their website.
3. Participants may enter a maximum of four events, three of which can be running.
4. Please make scratches/changes in the elementary school between 9:30am to 9:50am in the gym.
5. There will be a brief coaches meeting at 9:40 in the elementary gym.
6. Athletes should listen for their events and report to the bull pen on the first call.
7. Please keep track of your athletes, and make sure your area is cleaned up before leaving.
8. There will be concessions and bathrooms available in the elementary school.
9. Scoring will be 10-8-6-5-4-3-2-1 with only one relay team per school scoring.