

6th Annual Iola-Scandinavia CWC Middle School Invitational
May 2nd, 2015

To: Rosholt, Weyauwega-Fremont, Bowler/Gresham, 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 2nd 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 20th at noon and it will close by April 30th at noon.** The website for Direct Athletics is <http://www.directathletics.com/>.
3. Results will be updated live online and may be printed from the website. We will not provide hard copies of the results at the end of the meet.
4. Participants may enter a maximum of four events, three of which can be running.
5. Please make scratches/changes in the elementary school between 9:20am to 9:40am in the gym.
6. There will be a brief coaches meeting at 9:40 in the elementary gym.
7. Athletes should listen for their events and report to the bull pen on the first call.
8. Please keep track of your athletes, and make sure your area is cleaned up before leaving.
9. There will be concessions and bathrooms available in the elementary school.
10. Scoring will be 10-8-6-5-4-3-2-1 with only one relay team per school scoring.
11. Plaques will be awarded to the first and second place girls and boys teams

Zone coverage:

a. 4 X200 meter relay

- i. 1st zone – Iola (lanes 1-4), Amherst (lanes 5-8)
- ii. Last zone - Weyauwega-Fremont

b. 4 X 100 Meter relay

- i. 1st zone – Rosholt
- ii. 2nd zone – Wild Rose
- iii. 3rd zone - Manawa