

LANCER RELAYS TRACK AND FIELD MEET

DATE: Wednesday May 16, 2018

HOST: Madison La Follette at Lussier Stadium

COMPETING SCHOOLS: East, La Follette, Memorial, West

TIME: See enclosed time schedule.

ENTRIES: Email me if there are any other concerns regarding participation for your athletes.

2 entries per running relay
4 entries for the hurdle events
Unlimited entries for the 1600
5 entries for HJ, PV, LJ, TJ
Unlimited entries for throws

We hope to have a meet that involves all the athletes in your program. We want the JV athletes to have a fun final experience and the Varsity athletes to have a fun, competitive experience to prepare them for Regionals the following week.

If you have any questions on getting your kids involved due to lack of entry spaces, email me and we will work it out.

EQUIPMENT: The only equipment furnished will be starting blocks.

WARM-UP: No one will be allowed in the infield.

FINISH LINE: **Timing will be done by accuracetime.com Entries are on athletic.net and are due Tuesday the 15th at NOON.**

AWARDS: Ribbons for the top 3 relays in each event

SCORING: Relays scoring: 1st- 5pts, 2nd-3pts, 3rd-0 pts

SPECIAL NOTES:

There is no minimum throw set for participation in the throwers relays, but please enter athletes who have been primarily throwers for your season. The winning thrower 4x100 relay teams will receive ice cold drinks at the finish line.

The 1600 run we attempt to have a tunnel of fans on the final straightaway to cheer on the athletes. We call this the gauntlet mile.

The 4x400 relays will have music playing during the races. We want to end the meet with some excitement!

Let's have a fun track meet!

QUESTIONS: John Neumann 204-3678/ 206-7660

2018 Lancer Relays Time Schedule

4:15 Community Mile Run- Parents, Coaches, Teachers and people in the community may sign up to participate in a Mile Run.

4:30 start field

Girls 1st HJ,LJ,SP

Boys 1st PV,DS,TJ

4:30 start races (we will try to run ahead if we can)

4:30 4x800 (g) 1 heat up to 2 relays per school

4:50 4x800 (b) 1 heat up to 2 relays per school

5:10 100h (g) 2 heats up to 4 entries per school

5:20 110h (b) 2 heats up to 4 entries per school

5:30 100m Wheelchair

5:35 4x200 (g) 1 heat up to 2 relays per school

5:45 4x200 (b) 1 heat up to 2 relays per school

5:55 mile (g) 2 (or more) heats max unlimited entries

6:15 mile (b) 2 (or more) heats max unlimited entries

6:35 400m Wheelchair

6:40 4x100 (g) 1 heat up to 2 relays per school

6:50 4x100 (b) 1 heat up to 2 relays per school

7:00 300h (g) 2 heats up to 4 entries per school

7:10 300h (b) 2 heats up to 4 entries per school

7:20 DMR (g) 1 heat up to 2 relays per school 4-8-12-16

7:30 DMR (b) 1 heat up to 2 relays per school 4-8-12-16

7:40 800m Wheelchair

7:45 Throwers 4x100 (g) 1 heat up to 2 relays per school

7:55 Throwers 4x100 (b) 1 heat up to 2 relays per school

8:05 4x400 frosh/soph (g) 1 heat up to 2 relays per school

8:15 4x400 frosh/soph (b) 1 heat up to 2 relays per school

8:25 4x400 (g) 1 heat up to 2 relays per school

8:35 4x400 (b) 1 heat up to 2 relays per school