

50th Annual Boys' / 43rd Annual Girls'

Logan Track and Field Invitational

Tuesday, April 24th, 2018

Competing Schools

Arcadia Caledonia La Crescent La Crosse Logan

General Information

Date: Tuesday, April 24th, 2018

Site: Swanson Field – Logan High School

Starting Time: Field events will begin at **4:00 pm** and running events will begin at **4:15 pm**

Entry Fee: \$180.00 for Boys and Girls (Combined)

Coaches Meeting: No coaches meeting. If questions, please see coach Hackbarth or coach Kammer.

Entries: Unlimited entries in each open event, 3 relay teams per event Maximum

Entries are due on Monday, April 23th at 9:am

**Entries will be taken through Accuracetimeing at www accuracetimeing.com
Please go to the website in advance and familiarize yourself with it to avoid problems**

PV Forms: Please bring these forms to the coaches meeting or directly to the Pole Vault event judge. Minnesota teams are asked to verify their vaulters weights with event judge.

Rules: Same as the WIAA, four total event limitation with no more than three being running events or field events. Minnesota schools will follow their own state restrictions

Scoring: This will be a non-scored meet.

Awards: Event winners will receive a medal.

Lane Assignments: Lanes will be seeded by time, according to entries submitted. Lanes will be seeded in the following order – 3-4-2-5-1-6 (6 lane track). In the final events with multiple sections the fastest section will be last.

Equipment: Blocks will be provided. Please bring your own batons. Athletes will be allowed to use spikes no larger than 1/4". Pyramid spikes only, please.

Miscellaneous: Athletes are allowed to warm-up in the infield, but the only other people allowed in the infield of the track are contestants in uniform warming up for an upcoming event and meet officials. Meet management reserves the right to reduce the number of "allowed" people in the infield should the area become too congested.

All soccer balls, footballs & Frisbees are to be kept back at your school. Thank you for your efforts on this!!!!

Any????? - Joe Hackbarth 608-498-7107 or email jhackbar@lacrossesd.org

Or Tom Kammer 608-769-2940 or email tkammer@lacrossesd.org

*** TIME SCHEDULE***

2018 Logan Track & Field Invitational
Order of Events

- Boys Discus first, followed by the Girls. (4 throws or 3 trials throws and 3 final throws for top 8 contestants) *format will depend on the # on entries*
- Girls Shot Put first, followed by the Boys. (4 throws or 3 trials throws and 3 final throws for top 8 contestants) *format will depend on the # on entries*
- Boys Pole Vault to completion, followed by the Girls.
- The Boys and Girls Long Jump and Triple Jump will be run cafeteria style (simultaneously) from 4:00 pm to 5:45pm, with four jumps and no finals (one runway for Long Jump and one runway for Triple Jump).
- Girls High Jump, followed by the Boys. (5-Alive Method)

Trials: 4:15

100M High Hurdles – Girls Trials (top 6 times to finals)
110M High Hurdles – Boys Trials (top 6 times to finals)
100M Dash – Girls Trials (top 6 times to finals)
100m Dash – Boys Trials (top 6 times to finals)
4x800M Relay – Girls (One section on time) *If entries dictate we may combine*
4x800M Relay – Boys (One section on time) *the girls and boys 4 x 800m relays*

We will run Finals 10 minutes after the conclusion of the 4x800m relays
(There **will not** be a set time schedule)

Finals

100M High Hurdles – Girls Final
110M High Hurdles – Boys Final
100M Dash – Girls Final
100M Dash – Boys Final
1600M Run – Girls Final (One section on time)
1600M Run – Boys Final (One section on time)
4x200M Relay – Girls
4x200M Relay - Boys
400M Dash - Girls
400M Dash – Boys
4x100M Relay – Girls
4x100M Relay – Boys
300M Low Hurdles – Girls
300M Intermediate Hurdles – Boys
800M Run – Girls
800M Run – Boys
200M Dash – Girls
200M Dash – Boys
3200M Run – Girls
3200M Run – Boys
4x400M Relay – Girls
4x400M Relay – Boys