

MEDFORD AREA SENIOR HIGH SCHOOL
JV TRACK INVITATIONAL
Thursday May 19th, 2016
FIELD EVENTS AND 3200 RELAY START AT 4:30

To: Athletic Directors, Track Coaches of the following schools:
Medford, Antigo, Lakeland, Marshfield, Merrill, Mosinee,
Rhineland, Stratford, Tomahawk

From: Andy Guden, Activities Director, Medford Area Senior High School

Entries: We are allowing up to **6 entries per team per event and two relays per team.** Entries will only be accepted online at www.Directathletics.com. Entries will be **due** by Tuesday, May 17th at 12:00 p.m. (noon) Coaches may enter entries starting Wednesday, May 11th, 2016 and can make any changes online up to the entry deadline.

*****Note*****
Athletes that you expect to place or placed in your Conference meet should NOT be entered in the **same individual** event in this meet.

Concessions There will be a concession stand open at the meet.

Entry Times: We are asking everyone to be honest with entry times. We want the correct athletes to be placed together to be fair to all participants.

Heat Sheets: Heat sheets will be posted at www accuracetiming.com and distributed upon arrival. Results will be posted at www.Directathletics.com approximately one hour after the conclusion of the meet.

Change/Scratches:

Only scratches will be accepted at the coaches meeting. Changes must be faxed to 715-748-6438 by noon on Thursday May 19th, 2016. Please use the attached change form for any changes.

Coaches Meeting:

3:45 in the White house at the north side of the track. The meeting will review the meet and answer coaches questions. Pole vault verification forms must be turned in at the coaches meeting.

Track: Rubber surface. **1/4 inch spikes only.** Eight lanes all the way around.

Scoring: PT Timing will be scoring the meet. Meet will be score to 8 places.

Field Events: We will be giving all competitors 4 attempts in the LJ, TJ (no finals), and 4 throws in the shot and discus, with no finals.

Pole Vault & High Jump

Opening heights will be announced at the coaches meeting.

Entry Fee: \$100.00 for both boys and girls. Please make the check payable to Medford Area Senior High and mail to Andy Guden's attention.

Medford JV Invitational Order of Events

Field Events: 4:30

Long Jump Girls & Boys	4:30
Triple Jump Girls & Boys	4:30
Open Pit	
Shot Put Girls, then Boys	4:30
Discus Boys, then Girls	4:30
Pole Vault Boys, then Girls	4:30
High Jump Girls, then Boys	4:30

Running Events: 4:30

3200 m relay
100m High Hurdles – Girls
110m High Hurdles – Boys
100m dash
1600m run
800m relay
400m dash
400m relay
300m hurdles
800m run
200m dash
3200m run
1600m relay

Medford JV Invitational Replacement Form
Due by NOON Thursday, May 19th
Please FAX to 715-748-6438

Team: _____ Coach: _____

Teams may scratch and replace any individual who was entered in the meet until **Noon, Thursday, May 19th**. Teams may not enter individuals in an event that was not included in your original entry (you cannot add new entries).
Replacements will not be reseeded and will assume the lane & heat of the original entry.
Please fax your changes to 715-748-6438. Please call 748-5951 with any questions.
Scratches only will be accepted at the coaches meeting the day of the meet.

Name of athlete
being scratched

Event

Name of
replacement

_____	_____	_____
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