

**NORTH CRAWFORD JUNIOR HIGH TRACK INVITATIONAL
TUESDAY, MAY 5th, 2016**

TO: Junior High Track Coaches

SCHOOLS: Kickapoo/La Farge, De Soto, Seneca, Weston, Lansing Kee, Royall,
North Crawford, Wauzeka/Steuben, Viroqua, Wonewoc-Center, River Ridge

FROM: Dave Bergum, Athletic Director
Tanya Forkash, Jr. High Coach, Scot Schellhorn, Jr. High Coach
Mike Allbaugh, Boys Varsity, Ed Heisz, Girls Varsity Coach

DATE & SITE: North Crawford Junior High Invite
Thursday, May 5th @ 4:30

RAIN DATE: NONE

TIME SCHEDULE: Coaches meeting at 4:00 PM in the Press Box.
Scratches and replacements can be made at this time. You will not
be allowed to add athletes.

MEET MANAGER: Mike Allbaugh
North Crawford Jr/Sr. High School
Phone: School (608)735-4311

ENTRY FEE: **\$100.00/Team** (If you want to split your team so all athletes can
complete in the maximum events, you will need to pay a second
entry fee for that second team)

ENTRY: **ENTRIES in by 12:00 (noon) on Tuesday, May 3rd or sooner.**
ENTRIES must be submitted to Direct Athletics at
www.directathletics.com
*2 entries will be allowed per event. Athletes can only participate
in 3 events all day.*
Questions – email Jessica Wick at jwick@ncrawford.k12.wi.us
Scratches and replacements will be allowed.

AWARDS: 1st and 2nd place Team Trophies – Boys and Girls
1st-3rd place Ribbons

POLE VAULT: Please bring your Pole Vault Verification Forms - **MANDATORY**

FIELD EVENTS: Open pit – long jump and triple jumps. Boys – Discus, Pole Vault
and Girl's High Jump, Shot Put will begin at 4:30.

RELAYS: Only one entry per team

FINALS: All events are finals. **3 Jumps or throws only.**

EQUIPMENT: Blocks will be provided. Bring your own baton. ONLY 4K shot
put will be allowed in the boys and girls competition. NO SPIKES