



Indoor Track Invitational **Thursday - (3/22/18)** Hosted by Northland Pines



Coaches & Officials meeting @ 3:45 p.m. in the LGI Room (Large Group Instruction) on the 2nd floor of the commons above the concession stand. The meet will be electronically timed & recorded with AccuRace Timing. Both field events & running events begin at 4:30 p.m. Results will be posted at www accuracetiming.com

Meet info:

Our track is a 200 Meter poured polyurethane surface with 6 sprint lanes & 5 lanes on the oval. It is a soft surface, therefore, **No hard plastic & No metal running spikes** or inserts may be used on the surface. Green vinyl tape will be provided at each field event station for jumping and relay marks. Locker rooms are available; athletes should bring a lock. Concessions will be available in the commons area during the meet. Trainer coverage provided.

Entries:

A school may enter a maximum of:

1. 3 Varsity & 3 JV participants in each event (following WIAA protocol).
2. Relays - 1 Varsity & 1 JV team in each relay.
3. Changes may be made after the deadline only if a signed medical excuse is submitted.

(An athlete may only enter a maximum of four events, but they may not be in no more than three running or three field events. Being listed as a substitute on a relay team counts as an event.)

Schools may submit their entries by clicking on the meet registration link: www.directathletics.com

- **Entries will be open March 16 – March 21st Closing at noon.**
- Late entries or entries without a seed time will not be seeded and will end up in the slow heat.
- You may **not** replace or add to your varsity entries the day of the event without a doctor's note.

Order of events (Girls then Boys unless specified)

4x800 M relay (**will begin at 4:30 p.m.**)

55 M Hurdles (Girls then Boys)

55 M Dash (Girls then Boys)

1600M Run

4x200M (800) Relay

400M Run

200M Hurdles

800M Run

200M Dash

3200M Run

4x400M Relay

Field events * **may be adjusted @ the scratch meeting.**

(Starting heights TBD at coaches meeting)

High Jump - Boys 4:30 p.m. then Girls

Pole Vault - Girls 4:30 p.m. then Boys

(HJ & PV - 3 jumps per height no finals)

Shot-Put - Boys then Girls (4:30 pm - 4 Throws **no** finals)

*Triple Jump - **Open pit 4:30 – 5:45 a.m.**

*Long Jump - **Open Pit at 6:00 – 7:30 p.m.**

(* 3 Jumps per event no finals)

Warm-up for Triple Jump will be 4:00 – 4:30 a.m.

Warm-up for Long Jump will be 5:45 a.m. – 6:00 p.m.

Entry Fees:

Checks to cover the entry fee should be made out to **NPHS for \$200** and mailed to:
Mrs. Nina Cabelka - 1800 Pleasure Island Rd. - Eagle River, WI 54521.

Participating Schools:

Crivitz, Hurley, Ironwood, Kingsford, L'Anse, Menominee Indian, and Northland Pines.