



EC Memorial
Old Abe Open
April 30, 2024



Teams Participating: Chippewa Falls, Memorial, Rice Lake, and Hudson

Site: Ulrich Track at Memorial High School.

Timing Service: Accurace Timing:

Entries:

- Entries will be through Milesplit. Link is available at www accuracetiming.com
- Unlimited entries in all events. We are hoping to keep this mostly JV.
- Entries will be due at **Noon on Monday, April 29.**
- Substitutions will be allowed, but no Additions.
- Starting Heights will be determined by coaches. (We don't have lights....)
- Concessions will be available.

Starting Times: 4:00 Field/4:00 Track

Other Information:

- 4 Attempts in Long Jump, Triple Jump, Shot Put, and Discus.
- All Events are Finals Only.
- ¼ inch spikes only
- Sidewalk Chalk Only. No Tape Markings on track or runways.

Contacts:

Perry Myren: Athletic Director kmyren1@ecasd.us
Jon Redwine: Athletic Assistant jredwine@ecasd.us
Corey Fritz: Head Track Coach cfritz@ecasd.us



EC Memorial
Old Abe Open
April 30, 2024



4:00 Field Events:	Discus	Boys, followed by Girls
	Shot Put	Girls, Followed by Boys
	Long Jump	Boys and Girls, Cafeteria Style
	Triple Jump	Boys and Girls, Cafeteria Style
	High Jump	Girls, Followed by Boys
	Pole Vault	Boys, Followed by Girls

- We will run on a Rolling Schedule.

4:00 Running Events	4 x 800 Relay, (May be combined)
	Girls 100 Meter Hurdles
	Boys 110 Meter Hurdles
	100 Meter Dash
	1600 Meter Run
	4 x 200 Meter Relay
	400 Meter Dash
	4 x 100 Meter Relay
	300 Meter Hurdles
	800 Meter Run
	200 Meter Dash
	3200 Meter Run (May be Combined)
	4 x 400 Meter Relay