



EC Memorial
Old Abe Invite
May 2, 2025



Teams Participating: Altoona, Chippewa Falls, Eau Claire North, Eau Claire Memorial, Rice Lake, and River Falls

Site: Ulrich Track at Memorial High School.

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

Timing Service: Accurace Timing:

Entries:

- Entries will be through Milesplit. Link is available at www accuracetiming.com
- 5 Entries per individual event/ 1 relay team
- Entries will be due at **Noon on Thursday, May 1st.**
- Substitutions will be allowed, but no Additions.

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.
- Concessions will be available. Cash Only
- Please remind Parents that Pets are not allowed on site.

Contacts:

Perry Myren: Athletic Director
Jon Redwine: Athletic Assistant
Corey Fritz: Head Track Coach

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Discus	Boys, followed by Girls
Shot Put	Girls, Followed by Boys
Long Jump	Girls Open Pit 4:00-5:30 Boys Open Pit 5:45-7:15
Triple Jump	Boys Open Pit 4:00-5:30 Girls Open Pit 5:45-7:15
High Jump	Girls, Followed by Boys <u>Opening Heights:</u> 4' Girls, 5' Boys Progressions will be determined based on entries.
Pole Vault	Boys, Followed by Girls <u>Opening Heights:</u> 7' Girls, 8' Boys Progressions will be determined based on entries.

- We will run on a Rolling Schedule.

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
4 x 400 Meter Relay