



OLD ABE INVITE 2014



TO: A.D.'s and Track Coaches at Chippewa Falls, Eau Claire Memorial, Wausau West, Arcadia, Eau Claire North, and Hudson.

FROM: Trevor Kohlhepp – Activities Director – Eau Claire Memorial High School

RE: Track Meet - Tuesday, April 29, 2014

Entries: We have contracted with Accurace Timing Services for this meet. Accurace Timing will provide the race timing and printed results. To submit your entries go to www.directathletics.com. If you have any questions, feel free to contact us at school: 715 852-6308. The school fax number is 715 852-6325.

ENTRY FEE: (Please send to Memorial, if you haven't already)

START TIMES: Field events 3:45 p.m.
Running events 4:15 p.m.

ENTRIES:

- 4 Entries per individual event (3 entries in Pole Vault)
- 1 Relay Entry per Event



Reminders:

- **This Meet is a traditional meet.**
- **Entries Deadline is 8:00 PM on Sunday April 27th.**
- **No Adds will be allowed the day of the meet!**
- **Substitutions will be allowed.**

OTHER INFORMATION:

1. 4 attempts per competitor in long jump, triple jump, shot put and discus. **No finals.**
2. All running and field events will be **finals only** – NO prelims.
3. ¼" spikes allowed
4. Sidewalk chalk is the only marking material allowed - no tape! Chalk will be provided.

See you at Eau Claire Memorial on April 29th

Mark Johnson
Girls' track and field coach

Corey Fritz
Boys' track and field coach

2014 OLD ABE TRACK & FIELD INVITATIONAL

3:45 FIELD EVENTS Discus: Boys first with girls to follow
High Jump: Girls first with boys to follow
Long Jump and Triple Jump: Cafeteria Style - boys and girls simultaneously
Pole Vault: Boys first with girls to follow
Shot Put: Girls first with boys to follow. Includes Boys Wheel Chair

4:15 RUNNING EVENTS

Girls 4 x 800 Relay
Boys 4 x 800 Relay

Girls 100 Hurdles
Boys 110 Hurdles

Girls 100 Dash
Boys Wheel Chair 100
Boys 100 Dash

Girls 1600 Run
Boys 1600 Run

Girls 4 x 200 Relay
Boys 4 x 200 Relay

Girls 400 Dash
Boys Wheel Chair 400
Boys 400 Dash

Girls 4 x 100 Relay
Boys 4 x 100 Relay

Girls 300 Hurdles
Boys 300 Hurdles

Girls 800 Run
Boys 800 Run

Girls 200 Dash
Boys 200 Dash

Girls 3200 Run
Boys 3200 Run

Girls 4 x 400 Relay
Boys 4 x 400 Relay