

## PDC Jerry Fernetto Track Invite

Coaches and AD's,

Thank you for attending the 43rd Prairie du Chien Middle School Jerry Fernetto Track Invitational on Monday, April 23rd, 2018. As you pull into the High School Parking lot, please pull towards the back of the school to drop off the kids. The coaches meeting/**scratches ONLY** will take place between 3:40 and 4:00 in **the press box by the track.** Remember to double check to make sure your 4X100 and 4X100 throwers relays are correct.

**NEW this year, NO tape on the track or on the runways for long, triple or high jump. CHALK ONLY!**

In the press box, you will find your packet with information, records and a garbage bag to have the kids clean-up after the meet. We will also have some food, water and pop for the coaches. Come in one door that has enter on it, make your scratches, grab some food, water or pop and head out to the track to get things started right away! We will **not** be officially hosting a meeting unless it is necessary and if so, we will hold it outside of the press box due to limited space. **Reminder, the entry fee is \$40/\$80.** Any questions, please email me at [bartor@pdc.k12.wi.us](mailto:bartor@pdc.k12.wi.us)

Entries will be made at **Direct Athletics** at [www.directathletics.com](http://www.directathletics.com). Entries must be submitted by **Sunday, April 22nd, by 11:59 pm since there are no additions after this time. Scratches ONLY at the coaches meeting.** Please check your log-in to Directathletics well before the deadline to make sure you're able to enter their site. Email [support@directathletics.com](mailto:support@directathletics.com) with any login issues.

You can also notify Clark directly at [chvjillson@aol.com](mailto:chvjillson@aol.com)

Thanks,

Torey Bartels

608-412-0954

## Jerry Fernette Track Meet

**345-400 Coaches Meeting/Scratches only - In the press box by the track.**

**4:15 All Field Events – 3 jumps or throws only. NO Tape. Chalk only!**

\*(changes for field events can be done at the event)

Shot Put (boys/girls) 4:15-5:15 boys & 5:30-6:30 girls - open pit

Triple Jump (boys/girls) 4:15-5:15 boys & 5:30-6:30 girls - open pit

Discus (girls/boys) 4:15-5:15 girls & 5:30-6:30 boys - open pit

Long Jump (girls/boys) 4:15-5:15 girls & 5:30-6:30 boys - open pit

High Jump (girls/boys) 4:15 3'8" girls start & 4' boys start

Pole Vault (boys & girls combined) 4:15 5' start. – **This is a scored event this year.**

**Girls/Boys for all running events – these are approximate times. First call will be about 10 minutes before the start, second call 5 minutes, and final call 1 minute before the start. NO Tape. Chalk only!**

4:30 100 m. hurdles at the lowest possible setting.

4:50 Sprint Medley (100-100-200-400) yellow, yellow, blue with cut

5:15 100 m. dash

5:30 1600 m. run (boys and girls together unless there are a lot of runners)

5:55 4 x 200 (800 m. relay)

6:15 400 m. dash

6:30 4 x 100 (400 m. relay) **Double check that this is not the throwers relay when entering this event.**

6:50 800 m. run

7:05 200 m. dash

7:20 4 x 400 (1600 m. relay) 2<sup>nd</sup> runner can cut in at the cones at the 100 m

7:45 **4X100 (400M throwers relay) must participate in at least one throwing event at the meet. Please make sure you selected the correct event when entering your athletes!**

**WE WILL RUN AHEAD OF SCHEDULE IF POSSIBLE!**

### Schools Attending:

Boscobel

MFL Mar Mac

Cassville

North Crawford

Clayton Ridge

Prairie du Chien white

Cuba City

Prairie du Chien maroon

Dodgeville

River Valley

Lancaster

Wauzeka

**NEW this year, NO tape on the track or on the runways for long, triple or high jump. CHALK ONLY!**

**Shot and Disc** – Please warm-up with your **own** shot and disc and we will provide two shots or discus's for the competition. The boys will use an 8.8 lb. HS girls shot (4K) and the girls will use a 6 lb. shot. This is open pit, 3 throws but to keep the meet moving, have your athletes wait for their running event until the final call and then come right back.

**High Jump** – Girls will start at 3'8" and the boys will start right after the girls at 4'. You will only have a 10 minute checkout time so have your athletes wait for their running event until the final call and then come right back. If the athlete is not there to jump that height, the bar will be raised and they will have a chance to jump the next height.

### **Exchange Zones**

Sprint Medley (100, 100, 200, 400) – yellow, yellow, blue with cut  
4 X 200 – red, red, yellow  
4 X 100 – yellow, yellow  
4 X 400 – 2<sup>nd</sup> runner can cut in at the cones at the 100 m

**Exchange Zone Helpers** – Highlighted teams, we would greatly appreciate your help at the exchange zones.

Sprint Medley (100, 100, 200, 400)

1<sup>st</sup> exchange – Cassville (lanes 1-2 & flag) N. Crawford (3-5) & Lancaster (6-8)

2<sup>nd</sup> exchange – River Valley (lanes 1-4) & PDC (lanes 5-8)

3<sup>rd</sup> exchange – Starting official

4 X 200

1<sup>st</sup> and 3<sup>rd</sup> exchange – Wauzeka (1-4) and Clayton Ridge (5-8)

4 X 100 - Regular and Throwers relay - must participate in at least one throwing event.

1<sup>st</sup> exchange - Boscobel (lanes 1-2 & flag) Cuba City (3-5) PDC (6-8)

2<sup>nd</sup> exchange – MFL (1-4) & Lancaster (5-8)

3<sup>rd</sup> exchange – Dodgeville

**Please have your athletes stay out of the infield/football field as much as possible and have them clean up any garbage at the end of the meet. Garbage bags will be provided at the coaches meeting.**

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