

**Cochrane-Fountain City High School**  
**Pirate Track Invitational**  
**Tuesday, April 28, 2015**

**Teams:** Alma-Pepin, Altoona, Cochrane-Fountain City, Durand, Mondovi, Tomah, West Salem, and Whitehall. *There is a \$100 dollar fee for this meet.*

**Entries:** Will be done electronically through [www accuracetimeing.com](http://www accuracetimeing.com). Click on Meet Results and upcoming meets will be listed by date. The Entries link will take you to [www directathletics.com](http://www directathletics.com) for the actual entries. Entries are due by **noon on Sunday, April 26**. Unlimited entries for individual events but only your top 3 individuals will be counted for points; one relay team for each relay race. Scratches and substitutions can be taken care of at the coaches meeting. The WIAA limit of 4 total events/athlete will be enforced.

**Times:** Coaches Scratch Meeting – 4:00  
Field Events – 4:15  
Running – 4:45

**Scoring:** Individuals 10-8-6-5-4-3-2-1, Relays 10-8-6-5-4-3-2-1

There will be large medals given out for 1<sup>st</sup>-3<sup>rd</sup> places and small medals for 4<sup>th</sup>-8<sup>th</sup> places in individual events, small trophies for winning relay teams, and team trophies for team champions and runners up.

**Facility:** We have a new Fisher Polyurethane 13 mil surface on the track and all runways. Please do not use tape or spikes longer than ¼” long. Throwing circles are concrete.

**Team Camps:** Please set up team camps outside of the fenced area but not behind the bleachers.

**Concessions:** Will be available on site.

**Restrooms:** Will be available inside the school building.

**Schedule of Events:**

3200m Relay (combined)  
100/110m Hurdles  
100m Dash  
1600 m Run  
800m Relay  
400m Dash  
400m Relay  
300m Hurdles  
800m Run  
200m Dash  
3200m Run (combined)  
1600m Relay

**Field Events:**

-Three throws and horizontal jumps, no finals  
-Long Jump and Triple are cafeteria style  
-High Jump will have two pits  
-Shot Put girls first  
-Discus boys first  
-Pole Vault will have girls and boys combined