

**To: Aquinas, West Salem & Tomah MS Track Coaches**  
**From: Sparta Meadowview Middle School**  
**Re: Track Meet on Monday May 9, 2016**  
**Date: 4/28/16**

Here is the information for the Sparta Middle School Track Meet to be held on Monday May 9, 2016 at  
Sparta High School Track and Field Complex  
506 North Black River Street  
Sparta, WI 54656

We look forward to seeing you on May 9th, with a starting time of 4:00 pm.

- The field events will start at 4:00 pm listen to the announcements to know when to start warming up.
- Running events will start at 4:10.
- Unlimited entries in all events.
- There will be 4 attempts in the long jump, triple jump, shot put and discus.
- Athletes may use ¼ inch spikes or smaller.
- All events are finals.
- Coaches as soon as you get to the meet please report to the white shed to make any changes.
- Please use [www.directathletics.com](http://www.directathletics.com) to enter your athletes. It will be open from May 2nd through 11:59 p.m. on Saturday May 7th.
- Heat sheets will be posted early on Monday the day of the meet.

#### Order of Running Events

Girls first in all events followed by the boys

100 Meter Low Hurdles  
100 Meter Dash  
1600 Meter Run  
4X200 Meter Relay  
400 Meter Run  
4X100 Meter Relay  
200 Meter Low Hurdles  
800 Meter Run  
200 Meter Dash  
4X400 Meter Relay

#### Field Events

Long Jump-Cafeteria Style  
Triple Jump-Cafeteria Style  
High Jump-Starting height at 3' 6" for girls & 4' for boys  
Shot Put-Boys 1st followed by girls  
Discus-Girls 1st followed by boys