



2025 G-E-T “Sporty Salsman” Invite

Date: May 2, 2025

Site: GET HS in Galesville, WI

Welcome teams and coaches to the 2025 Sporty Salsman Invitational. We look forward to hosting you on Friday, May 2nd at the G-E-T High School Sports Complex. Please note the following information regarding entries, and general meet details.

- **Teams:** Arcadia, CFC, GET, Indee/Gilmanton, Logan, Luther, Mel-Min, Alma-Pepin, Providence Academy, Sparta, Viroqua, West Salem
- **Coaches meeting** - 3:50 on 50 yd line
- **Events:** Field Events @ 4:30 Running Events @ 4:45. Detailed schedule included below.
- **Online Entries:** Entries will be through MileSplit at www.wi.milesplit.com.
- **Entry Deadline is Wednesday 11:59pm.** AccuRace Timing Services will provide timing and live results.
- **Entry Limitations:**
 - **Three** entries allowed for: individual running events, Long Jump, Triple Jump, High Jump, and Shot Put.
 - **Two** entries allowed for each gender in the Pole Vault and Discus
 - **Two Relays:** One additional, non-scored exhibition relay race may be submitted.
- **Scoring:** Individuals to eight places (10-8-6-5-4-3-2-1), Relays score to six places. (10-8-6-4-2-1)
- **Awards:** Medals will be given for 1st -3rd place. Please pick up medals at the press box at the conclusion of the meet.
- **Entry Fee:** \$200 for both or \$100 for one gender.
- **Concessions:** Available throughout the meet, located behind the stadium.

Site Information: We have an 8-lane, 400M seal-flex track. Long and triple jump runways run east and west, pits will be determined by the wind. Shot and discus circles are concrete circles. Use chalk (not tape) on high jump and all runways. Chalk will be available. Only ¼ inch spikes allowed.

Team Camps: Set up near the long and triple jump runways. See map below.

Buses drop off & parking: 17511 N Main St. Galesville, WI 54630

Drop off behind the school, at the stadium entrance and then park buses in the fairgrounds.

Questions? Contact Athletic Director Rick Schmidt rickschmidt@getschools.k12.wi.us or co-head Coach Paula Gold paulagold@getschools.k12.wi.us



Schedule of Events

3:50 Coaches Meeting on infield at 50 yard line. Inclement weather, Multipurpose room in the main building behind the concession stand.

4:30 Field Events Begin

- Ten minute warm up between flights.
- Cafeteria style in long and triple jump 4:30 to 7:00
- 3 jumps and throws. No finals.
- We run two high jump pits. Boys (red) and girls (blue) will compete at the same time. **Starting Heights to be determined at the coaches meeting.**

Shot Put	Boys	Girls
Discus	Girls	Boys
Pole Vault	Boys	Girls
Long Jump	Cafeteria Style from 4:30 to 7:00	
Triple Jump	Cafeteria Style from 4:30 to 7:00	
High Jump	Boys (red) and Girls (blue) at the same time.	

4:45 Running Events Begin Girls will run first, boys second.

4x800 Relay
100/110 Hurdles Finals
100M Wheelchair
100M Dash Finals
1600M Run
4x200 Relay
400M Wheelchair
400M Run
4x100M Relay
300M Hurdles
800M Wheelchair
800M Run
200M Wheelchair
200M Dash
3200M Run (May be combined)
4x400M Relay

Throwers Relay (Anything but a baton)

Pole Vaulters Relay (Must use pole vault for baton)

