

**WEST SALEM MIDDLE SCHOOL  
3-RIVERS CONFERENCE TRACK MEET  
TUESDAY, APRIL 24, 2018**

**LOCATION:** Bangor High School, 700 10<sup>th</sup> Avenue South, Bangor, WI

**TIME:** 4:00 pm Coaches' Meeting at Finish Line  
4:15 pm-Field Events  
4:30 pm-Running Events

**TEAMS:** Tomah, Winona, Longfellow, Bangor, West Salem

**ENTRIES:** An individual athlete may compete in a maximum of 4 events (no more than 3 running or 3 field events). You will be allowed scratch and replace. No additions.

**ENTRY PROCEDURES:**

Step 1: Register online at [www.directathletics.com](http://www.directathletics.com).

Step 2: Submit entries by going on [www.directathletics.com](http://www.directathletics.com).

Step 3: Click on Upcoming Meets and find the West Salem Middle School Track Meet

Final entries are due **4/21/2018 (Saturday) 10:00pm**

**SPIKES:** Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or "Christmas tree" spikes please.

**CHALK VS. TAPE:** Please **do not use athletic tape** on track for marks in field events. Please bring your own chalk.

**ALL FIELD EVENTS:** cafeteria style. Due to the number of athletes, throws and jumps are limited to three.

**LONG JUMP and TRIPLE:** long and triple will jump simultaneously on two pits. Boys' pit to NORTH – Girls' pit to SOUTH.

**HIGH JUMP:** limit entries to three boys, three girls. Starting Height 3'6 for girls and 4'0 for boys

**TEAM AREAS:** Please set up camps alongside the high school —south side of track.

**CONCESSIONS:** Concessions will be available on site.

**ORDER OF EVENTS**

100m Hurdles	4x100m Relay
100m Dash	800m Run
1600m Run	200m Dash
4x200m Relay	1600m Relay
400m Dash	

**Officials:** Officials-Don Hill & Dave Olson

**Schedule:** We will not follow a definitive time schedule but because of the number of teams will try and keep the meet moving. The running portion of the meet will begin with the 100m Hurdles and proceed as quickly as we can. The plan is to have the meet rain or shine, but if severe weather we will try to cancel by 1:00 pm.

**Questions Contact Ryan Waldhart @ [waldhart.ryan@wsalem.k12.wi.us](mailto:waldhart.ryan@wsalem.k12.wi.us)**

**608-518-5025 (cell)**