

TO: Officials, Athletic Directors & Track Coaches of Altoona, Augusta, Bloomer, Cadott, Chippewa Valley - Lightning Bolts, Fall Creek, McDonell Central Catholic, Mondovi, Osseo-Fairchild, Regis

FROM: Elissa Upward, Director of Athletics/Activities

RE: 2024 AMS Track & Field Invite, Tuesday, May 9, 2023

2024 Altoona Middle School Track & Field Invite

Thursday, May 9, 2024 4:00 PM
Oakleaf Stadium, [711 7th St W, Altoona, WI 54720](#)

OFFICIALS: Mary Allen (Heat Coordinator), Fred Booth (Field Event Coordinator), Alan Suchla (Starter)

ATHLETIC TRAINER: On Site

FACILITIES: Our track is a 400 meter all-weather surface with eight (8) lanes/nine (9) sprint lanes. [Click Here](#) for a map of location of events, restrooms, bus parking, team area, etc. The infield will be closed to all spectators and athletes not competing in an upcoming event. Restrooms will be located in the CCF Depot, along with a small concession stand. Additional portable restrooms available on site. **BUS DROP OFF/PARKING: Please be sure your drivers drop off/park on the east side of the stadium on 3rd St. W.**

SCRATCH MEETING: The scratch meeting will be held at 3:45 PM in the center of Fuzzy Thurston Field. We ask that only ONE coach attends per team. Field Events will begin at 4:15 PM, and Running Events will begin at 4:30 PM.

TIMING: AccuRace Timing, (Hip numbers provided)

ONLINE ENTRY PROCESS: [Athletic.net](#)

ONLINE ENTRY DEADLINE & LATE ENTRY FEE: The deadline for online entries is noon on Wednesday, May 8th. Entries Open on Tuesday, May 7th. Prior to the deadline, Coaches should look over all entries. Changes and/or additions will not be made the day of the event (scratches only after the deadline).

EXCHANGE ZONE JUDGES: 400 Meter and 800 Meter Relay Exchange Zone Judges to be determined during Coaches meeting.

MISC. (3) throws will be allowed in both the shot put and discus events and (3) jumps allowed in the long jump. There will be no trials/finals in any running or field event. Sprints will be seeded slow to fast in the heats. ¼ inch pyramid spikes are permitted for all events.

AWARDS: Will be distributed out immediately following the 4x400m Relay.

2023 AMS Track & Field Invite ORDER OF EVENTS

3:45 COACH'S SCRATCH MEETING (Center of Fuzzy Thurston Field)

4:00 FIELD EVENTS (No trials; all events will be finals. **6 participants per school**).

- High Jump (Cafeteria: 1 pit; Boys followed by Girls - opening heights determined @ coaches meeting) - 3 attempts
- Long Jump (Cafeteria: 2 pits; Boys and Girls simultaneously) - 3 attempts
- Shot Put (Flight: Boys followed by Girls) - 3 attempts
- Discus (Flight: Girls followed by Boys) - 3 attempts

4:15 RUNNING EVENTS (Girls First, Followed by Boys)

1. 100m Hurdles - **Unlimited**
2. 100m Dash - **Unlimited**
3. 1600m Run
4. 4x100m Relay
5. 400m Dash - **Unlimited**
6. 200m Dash - **Unlimited**
7. 800m Run
8. 4x200m Relay