

**To:** ATHLETIC DIRECTORS AND HEAD TRACK COACHES

**From:** Ben Tashner, Activities Director

**Subject:** Middle School Track Meet in Holmen

**Date:** May 13, 2024

Welcome to the Holmen Middle School Track meet held on May 13, 2024 at Empire Stadium, Holmen. You should find all the information necessary to answer your questions with this email. We look forward to seeing you on **May 13** at Holmen High School Empire Stadium. **The field events will start at 4:00pm sharp or a little earlier if all teams have arrived and are ready to go.** Running events will start at 4:15pm. Please do not hesitate to call the Activities Office if you have any questions. Thank you!

There are a few important points for this meet:

- There are unlimited (within reason) entries in all events **except please no more than 3 entries in the high jump.**
- Please find the Holmen coaches as soon as you get to the meet to make any changes necessary.
- All events are final
- There will be 3 attempts in the long jump, triple jump, shot put and discus  
We will be having a boys and girls shot ring, discus ring, LJ pit, TJ pit and a boys and girls HJ pit
- Athletes may use ¼ inch spikes or smaller
- SCHOOLS ATTENDING: Holmen, Sparta, Winona, Providence Academy

Electronic timing will be used: Guidelines for signing into running events:

- Have athletes report at first call to get hip numbers. Hip numbers will be at a table by the starting line by the shed at the north end of the track. Athletes will be instructed where to place the numbers they will be given.
- Athletes should check in with the clerk upon hearing a second call for their running event. This will keep the meet running on time and smoothly.

### **ONLINE ENTRY FORMS WILL BE OPEN**

**FROM FRIDAY MAY 3, 2024 UNTIL 12:00 PM (NOON) SUNDAY MAY 12, 2024**

- ✓ Entries will be through Athletic.net at <http://www.athletic.net> with an entry deadline of NOON on Sunday May 12, 2024

- **Please guess on a time even though it may be your first meet. Races will be seeded by time. Field events need no distance entered.**

**ORDER OF RUNNING EVENTS**

**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 RUN  
4X400 METER RELAY**

**FIELD EVENTS**

**LONG JUMP  
TRIPLE JUMP  
HIGH JUMP  
SHOT PUT  
DISCUS**