



Dave Gerber
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Cameron will be hosting the Heart O' North High School Track Meet on **Thursday, May 22th**. Our track is located behind our Middle School / High School Complex. **Please unload buses in the Middle School Parking then park in the high school parking lot or along the street south of the high school.** We will have parking in both the Middle School and High School parking lots as well as along South Limits Street.

Timing Company: www accuracetimeing.com will be using MileSplit for entries. **Deadline for entries is May 21st at 12:00pm, noon.** **Entries:** Each School is limited to 28 individual entries for boys and 28 individual entries for girls. The limit per event is 3. Schools may enter one team for each boy and girls' relay.

GAMES COMMITTEE:

Patti Wyss and James Hanke - Starters, Dave Gerber – Meet Director, Jessica Gravesen-Seis – Barron, – Josh Tischer-Spooner, Steph Belisle – St. Croix Falls

EXCHANGE ZONES:

- 400 Meter Relay:** Exchange 1 – Cameron (start lanes 1 – 5) and Cameron (start lanes 6 – 9)
Exchange 1 – Barron (end lanes 1 – 5) and Hayward (end lanes 6 – 9)
Exchange 2 – C-W (start lanes 1 – 5) and C-W (start lanes 6 – 9)
Exchange 2 – Ladysmith (end lanes 1 – 5) and Northwestern (end lanes 6 – 9)
Exchange 3 – Spooner (start lanes 1 – 5) and Cumberland (start lanes 6 – 9)
Exchange 3 – Ashland (end lanes 1 – 5) and SCF (end lanes 6 – 9)
- 800 Meter Relay:** Exchange 1 and 3 –Hayward (start lanes 1 – 5) and Northwestern (start lanes 6 – 9)
Exchange 1 and 3 –Ladysmith (end lanes 1 – 5) and Cumberland (end lanes 6 – 9)

SCHEDULE OF EVENTS

- **Implement Weigh-In at 2:30 pm at the shed on the north side of the field.**
- **Coaches Meeting start at 2:30 pm in front of the shed at the north end of the track.**
- **Field Events start at 3:00. There will preliminaries for the Shot Put, Discus, Long Jump and Triple Jump (3 attempts), followed by the Finals of the top 9 (3 attempts)**
 - Shot Put - Prelims, followed by Finals, Girls first
 - Discus - Prelims, followed by Finals, Boys first
 - Pole Vault - Boys first - **Need weight verification sheet!**
 - High Jump - Girls first
 - Girls' Long Jump - Open Pit 3:00 – 4:00 for prelims, followed by Finals for top 9.
 - Boys' Long Jump – 20 minute warm-up following boys. One hour for prelims, followed by Finals for top 9.
 - Boys' Triple Jump - Open Pit 3:00 – 4:00 for prelims, followed by Finals for top 9.
 - Girls' Triple Jump – 20 minute warm-up following girls. One hour for prelims, followed by Finals for top 9.

- **Running Events start at 3:45 (Girls followed by boys)**

1. 3:45 p.m.
 - a. Finals - 3200 Meter Relay - Girls / Boys
 - b. Trials - 100 M Dash Girls / Boys
 - c. Trials - 100 M High Hurdles - Girls (set at 33")
 - d. Trials - 110 M High Hurdles - Boys (set at 39")
2. 15 minute break (heat winners and next best times to fill 9 lanes)
3. 4:50 Approximately
 - a. Finals - 110 M High Hurdles - Boys (set at 39")
 - b. Finals - 100 M High Hurdles - Girls (set at 33")
 - c. Finals - 100 M Dash - Girls / Boys
 - d. Finals - 1600 M Run - Girls / Boys
 - e. Finals - 800 M Relay - Girls / Boys
 - f. Finals - 400 M Dash - Girls / Boys
 - g. Finals - 400 M Relay - Girls / Boys
 - h. Finals - 300 M Hurdles - Girls / Boys (set at 30" for girls and 36" for boys)
 - i. Finals - 800 M Run - Girls / Boys
 - j. Finals - 200 M Dash - Girls / Boys
 - k. Finals - 3200 M Run - Girls / Boys
 - l. Finals - 1600 M Relay - Girls / Boys
4. Presentation of Team Conference Champion Plaque
Coaches pick up individual place medals in the press box

Other items to note:

- Coaches will be given wristbands (6 per team) Coaches must have one to enter the inside track area. We will not be allowing spectators inside the track area, and we will be asking athletes to leave after their events.
- The garage at the north end of the track will be the coaches' hospitality room and will be available from 3:00 - 7:30 with refreshments, snacks, and pizza.
 - No tape used on track or at field events, chalk will be provided
- Make sure your athletes report to their events in a timely manner. Please remind your athletes that they have a maximum of 15 minutes from the time they are excused from their field event to compete in another event and return for their next trial. Please remind them to tell the field judge that they are leaving, before they leave.
- The **Clerk of Course** (staging area) will be at the 50-yard line of the football field.
- Starting heights for High Jump and Pole Vault will be announced at the scratch/coaches meeting at 2:30.
- All running and jumping events are on a rubber surface; please use spikes no longer than ¼").
- **Team Tents** will be at the north end of the facility. On the practice football field.
- Bathrooms are located near the Concession Stand behind the bleachers and there will be portable toilets near the tent area.
- Concessions will be available throughout the meet, behind the bleachers.
- Scoring is 10-8-6-5-4-3-2-1.
- Awards will be available after the meet

If you have any questions or concerns, please call, or email me dgerber@cameron.k12.wi.us My cell phone is 715-642-1166 and my direct office line is 715-458-5903.

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