

NHS HON

Outdoor Track Meet

Northwestern High School

May 9, 2024

A few reminders:

- *Participating Schools: Ashland, Cumberland, Spooner Northwestern, & St Croix Falls*
- *AccuRace Timing will be timing the event.*
- *Entries will be done online at MileSplit website <http://wi.milesplit.com>. Entries close at 12:00 pm Wednesday May 8*
- *Unlimited Entries*
- *Substitutions & Additions can be made for injury/illness.*
- *Heats will be combined if possible*

The coach's meeting will be at 3:30 in the Concession storage shed.

All field events start at 4:00

Running Events: Start at 4:30. No Trials. All events will be finals.

The girl's pole vault will start at 5'0" will increase to 6' then 7', then 6" at a time. The boy's pole vault will start 7'0". Then 8', 9' then 6" at a time

High Jump will start at 5'0" for the boys and 4'0" for the girls. The bar will be moved 3" at a time until 3 competitors are left; after which the bar will be moved 2" at a time.

Long Jump & Triple Jump: 4 attempts, no finals

Only ¼ pyramid spikes are allowed. Teams are not to set up on the infield. No food or beverages other than water will be allowed inside the track area. Fans are not allowed inside the track area. Tents may be set up on North end of home bleachers.

Games Committee: Meet Officials, Northwestern, Ashland, Cumberland

Order of Events

- (1) 3200 Meter Relay (girls)
- (2) 3200 Meter Relay (boys)
- (3) 100 Meter High Hurdles (girls)
- (4) 110 Meter High Hurdles (boys)
- (5) 100 Meter Dash (girls)
- (6) 100 Meter Dash (boys)
- (7) 1600 Meter Run (girls)
- (8) 1600 Meter Run (boys)
- (9) 800 Meter Relay (girls)
- (10) 800 Meter Relay (boys)
- (11) 400 Meter Dash (girls)
- (12) 400 Meter Dash (boys)
- (13) 400 Meter Relay (girls)
- (14) 400 Meter Relay (boys)
- (15) 300 Meter Low Hurdles (girls)
- (16) 300 Meter Intermediate Hurdles (boys)
- (17) 800 Meter Run (girls)
- (18) 800 Meter Run (boys)
- (19) 200 Meter Dash (girls)
- (20) 200 Meter Dash (boys)
- (21) 3200 Meter Run (girls)
- (22) 3200 Meter Run (boys)
- (23) 1600 Meter Relay (girls)
- (24) 1600 Meter Relay (boys)

Field Events:

Shot put (Girls/Boys)

Discus (Boys/Girls)

Pole vault (Girls/Boys)

High jump (Boys/Girls)

Long jump (Cafeteria Style/Open Pit) 4 attempts 4:00-6:30

Triple jump (Cafeteria Style/Open Pit) 4 Attempts 4:00-6:30