**Three Lakes Junior High Track Meet 2019 – May 2, 2019**

Teams: Three Lakes, Lac Du Flambeau, Mercer, MHLT, Northland Pines, AVW, Laona-Wabeno, Rhinelander, Chequamegon, North Lakeland.

Meet Director: Rachael Botting, rachaelcyrus92@gmail.com

***Fee for this meet has been changed from $50.00 to $100.00, because we needed to hire a timing company for a meet this large.***

Order of Events: (3:45 field, 4:00 running): Coaches meeting at 3:30 at the Start Line

100 m Hurdles (30” for girls, 33” for boys)

100 m Dash

1600 m Run (Waterfall start, Cross Country chute style finish)

800 m Relay

400 m Dash

400 m Relay

800 m Run (Waterfall start, Cross Country chute style finish)

200 m Dash

1600 m Relay

Long Jump and High Jump

Shot Put and Discus

Relay Exchanges

4 x 200 (Red Start lines, red exchange zones for 1 and 2, yellow for 3 and 4. Stay in lanes the whole race)

4 x 100 (White start line, all exchanges yellow to yellow)

4 x 400 (White start line, all exchanges are yellow to yellow, one lap stagger – 2nd runner cuts in after handoff)

Scoring and Results: No team scoring.

Concessions and bathrooms: Concessions at the track beneath the bleachers. Porta Potty’s at the Track.

Check in: Listen for directions on where check in person will be for running events. Check in for field is at the event

Field Events:

* High Jump: **Three** attempts at each height. Girls first then boys. Opening height is 3’ 6” for both genders. Athletes can check out for other events but if they do not return 10 minutes after checking out the bar **WILL** go up. The bar will never be brought down. Please make sure athletes do not check out until absolutely necessary.
* Long Jump: Athletes can specify board. Special 4 ft board added. Jumps measured from the board they indicate prior to the jump regardless of where they actually jump from. We have two pits. Boys jump on runway farthest from track. Girls on runway closest to track. **Three** jumps each.
* Shot put and Discus: Open pits. **Three** throws each.

Entries:

* Meet entries are at athletic.net. See next page for instructions. Entries close (FIRMLY) at noon on April 31st.
* Meet limits:
	+ Running: 4 per event, per gender
	+ Field: 6 per event, per gender
	+ Relays: 2 per event, per gender. Please indicate A vs B teams, A being strongest team.
	+ Entry instructions will follow in an additional email.