

# Barron Track & Field Invitational

Thursday, May 6th 2021

To: Athletic Directors & Coaches (Bloomer, Cumberland, Prairie Farm, Shell Lake, Turtle Lake, Unity)

From: Dave Seis & Jessica Gravesen-Seis-Barron Track & Field Head Coaches

Location: Barron High School Track & Field and Football Stadium

Facilities: 8-lane Rubberized Track- ¼" pyramid spikes may be used

Bus parking available on south side of parking lot near track

Bathroom facilities will be available in the concessions stand (southwest corner of stadium).

NO concessions will be available.

Time: 4:00pm-Coaches' meeting near press box on west side of track

4:30pm-Field events begin

5:00pm-Running events begin

Fee: \$150 per school-mail to Barron High School care of Ky Baumgard, Athletic Director.

Entries: Timing will be provided by AccuRace Timing Services. Entries will be done through [MileSplitWI](http://www.milesplit.com) [wi.milesplit.com](http://www.milesplit.com) Registration must be completed by 8:00PM on Wednesday, May 5th. Entries are unlimited. You will not be required to enter names of specific athletes for relays. Heats will be combined if possible.

Field Events: Long Jump/Triple Jump: Cafeteria style-Boys and Girls-4 jumps.

High Jump: Girls followed by Boys; opening heights determined at coaches meeting

Pole Vault: Boys followed by Girls; opening heights determined at coaches meeting

Discus: Boys followed by Girls-4 throws

Shot Put: Girls followed by Boys-4 throws

There will be no trials; all events will be finals.

Running Events: (Girls, followed by Boys) 3200m Relay

100m High Hurdles (Girls)

110m High Hurdles (Boys)

100m Dash

1600m Run

800m Relay

400m Dash

400m Relay

300m Low Hurdles (Girls)

300m Intermediate Hurdles (Boys)

800m Run

200m Dash

3200m Run

1600m Relay

COVID-19: Please remind athletes, coaches and spectators that social distancing is strongly encouraged, and masks are strongly encouraged when unable to socially distance.

Contact:

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