

TO: Athletic Directors and Track Coaches

FR: Koll Fjelstad

RE: C-W Middle School Track Invite

Date: Tuesday, May 4th, 3:30 PM

Teams: Barron, Bloomer, Cameron, CW, Cumberland, Hayward, Spooner, St. Croix Falls

Schedule:

3:10 PM - Coaches Meeting (on track in front of stadium)

3:30 PM - Field Events

4:00 PM Track Events

Entry Fee:

\$50 - Payable to CWASD, Attn: Carol Moon

Entries:

- ❖ Each athlete is limited to 3 events
- ❖ Each school is limited to 4 boys and 4 girls per running event
- ❖ Each school is limited to 5 boys and 5 girls per field event
- ❖ Each school is limited to 2 boys and 2 girls relay teams per race
- ❖ Entries are through [wi.milesplit.com](https://www.milesplit.com) and are due by 5:00 PM on Monday, May 3rd
- ❖ These are the step-by-step instructions for MileSplit:
Claiming your team - <https://support.milesplit.com/en/a/how-do-i-claim-my-team>
Editing your roster - <https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>
Registering for a meet - <https://support.milesplit.com/en/a/how-do-i-enter-my-team-in-a-meet>

Bus Parking:

- ❖ Turn at Kwik Trip and continue to the back of the school on Tainter Street
- ❖ Buses will be directed to parking in the middle school lot

Miscellaneous:

- ❖ After the close of entries, there are no additions. Scratches or substitutions only.
- ❖ There will not be concessions.
- ❖ Athletes need to bring their own water.
- ❖ Team tents or meeting areas need to be set up outside the track.

Covid-19 Related:

- ❖ Each school should provide sanitizing wipes for equipment and high jumpers
- ❖ Masks will not be required outdoors for athletes, coaches or spectators
- ❖ Masks are required in the restrooms and school
- ❖ All athletes and spectators should social distance when possible
- ❖ There will not be a limit placed on the number of spectators

CW Middle School Track Meet - Order of Events

3:10 PM Coaches Scratch Meeting

3:30 PM All Field Events Open

- ❖ Long Jump
- ❖ Discus
- ❖ Shot Put
- ❖ High Jump

4:00 PM Running Events

- ❖ 100 M Hurdles
- ❖ 100 M Dash
- ❖ 1600 M Run
- ❖ 400 M Relay
- ❖ 400 M Dash
- ❖ 200 M Dash
- ❖ 800 M Run
- ❖ 800 M Relay