



MEDFORD ATHLETICS

Medford Area Senior High

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Medford Area Senior High, GNC Track Meet Tuesday, June 8, 2021

To: Antigo, Lakeland, Medford, Mosinee, Northland Pines, Rhinelander, and Tomahawk

From: Ryan Pilgrim, Activities Director, Medford

FIELD EVENT START at 4:00 AND 3200 RELAY STARTS AT 4:30

Entries: **AccuRace Timing Services will timing the GNC meet.** Upload entries through Milesplit at wi.milesplit.com

Coaches may enter entries starting ASAP and can make any changes online up to the entry deadline for entries is Monday, June 7, at 8pm. **The GNC follows WIAA Regional protocol for Conference Meet entries. No changes are permitted in a team's line-up once the entry deadline passes. Substitutions are allowed on meet day with medical documentation and/or note from AD for code of conduct violation.**

Officials: Kevin Yeske, Ron Klinner, Dale Cejka

Concessions: There will be a full concession stand available

Entry Times: Individual entries must be actual times that athletes have achieved this season

Heat Sheets: Heat sheets will be sent to you on Tuesday morning, June 7th.. Results will be posted approximately one hour after the conclusion of the meet.

Change/Scratches Only scratches will be accepted at the coaches' meeting.

Coaches Meeting: Coaches meeting will be held at the building on the East end of the track at 3:15. The meeting will review the meet and answer any questions. Please bring any changes to the conference by-laws you wish to propose. **Pole vault verification forms must be turned in at the coaches' meeting.**

Coaches need to help with relay exchanges.

Relay Zones:

800 meter relay: 1st & 3rd handoffs Mosinee and Rhinelander, 2nd handoff Lakeland and Tomahawk

400 meter relay: 1st handoff Northland Pines, 2nd handoff Medford, 3rd handoff Antigo

Track: Rubber surface - **¼ inch spike only** - 8 lanes all the way around

Scoring: AccuRace Timing will be scoring the meet. Scoring: 10-8-6-5-4-3-2-1; relays 10-8-6-5-4-3-2

Field Events: LJ & TJ trials are open pit 3 jumps in the trials. Shot Put and Discus will be run in flights for the trials. The finals will follow the trials after a 10 minute break. Finals will be called in reverse order based on the jumps/throws in the trials. The finals will use the 1-1-1 format. Weigh-in will be in the shed on the East end of track.

Pole Vault & High Jump: Opening heights will be announced at the coaches meeting

GNC Meet Order of Events

3:15PM –Coaches meeting

GNC - Order of Events

Field Events: 4:00

4:00	Long Jump: Girls	Open pit for the trials 4:00 - 5:00 - Finals 5:15 - 5:45
4:00	Triple Jump: Boys	Open pit for the trials 4:00 - 5:00 - Finals 5:15 - 5:45
4:00	Shot put: Girls THEN Boys	Warm-ups start at 3:30. Flights for the trials. The finals will follow the trials after a 10 minute break.
4:00	Discus: Boys THEN Girls	Warm-ups start at 3:30. Flights for the trials. The finals will follow the trials after a 10 minute break.
4:00	Pole Vault: Boys THEN Girls	Opening height determined at coaches meeting
4:00	High Jump Girls THEN Boys	Opening height determined at coaches meeting
6:00	Long Jump: Boys	Open pit for the trials 6:00 - 7:00 – Finals 7:15 - 7:45
6:00	Triple Jump: Girls	Open pit for the trials 6:00 - 7:00 – Finals 7:15 - 7:45

Running Events: 4:30

- 3200m relay
- 100m dash trials (heat winners and next fastest times advance to the finals)
- 100 m hurdles girls trials (heat winners and next fastest times advance to the finals)
- 110 m hurdles boys trials (heat winners and next fastest times advance to the finals)
- 200 m dash trials (heat winners and next fastest times advance to the finals)
- **15 minute Break**
- 100m Hurdles Girls
- 100m High Hurdles – Girls
- 110m High Hurdles – Boys
- 100m Wheelchair
- 100m dash
- 1600m run
- 800m relay
- 400 m Wheelchair
- 400m dash
- 400m relay
- 300m hurdles
- 800m run
- 200m dash
- 3200m run
- 1600m relay