

# Indoor Track Invitational

## Thursday - (4/7/22)

### Hosted by Northland Pines

Coaches & Officials meeting @ 3:45 p.m. in the LGI Room (Large Group Instruction) on the 2nd floor of the commons above the concession stand. The meet will be electronically timed & recorded with Clark Jillson (AccuRace). Both field events & running events begin at 4:30 p.m. Live Results can be found at [www accuracetiming.com](http://www accuracetiming.com) on the Results page.

#### Meet info:

Our track is a 200 Meter poured polyurethane surface with 6 sprint lanes & 5 lanes on the oval. It is a soft surface, therefore, **No hard plastic/metal running spikes** or inserts may be used on the surface. Green vinyl tape will be provided at each field event station for jumping and relay marks. Locker rooms are available; athletes should bring a lock. Concessions will be available in the commons area during the meet. Trainer coverage provided.

#### Entries:

A school may enter a maximum of:

1. **3 Varsity & 2 JV** entries in the running and field events.
2. Relays - **1 Varsity & 1 JV** team in each relay.
3. An athlete may only enter a maximum of four events, but they may not be in no more than three running or three field events. (Being listed as a substitute on a relay team counts as an event.)

Teams may register via the link on the schedule in their [wi.milesplit.com](http://wi.milesplit.com) team page

**Entries are open and will close April 6<sup>th</sup> at 8:00 p.m.**

- Only scratches will happen at the Coaches Meeting
- Late entries or entries without a seed time will end up in the slow heat(s).
- Replacement entries due to extenuating circumstances may or may not be considered by meet manager & games committee.
- **Questions on entries should be addressed with AccuRace Timing Services at [chvjillson@aol.com](mailto:chvjillson@aol.com) or (608) 778-1727**

Scoring will be to 8 places due to the number of teams

#### Participating Schools:

Antigo, Lakelan, Laona/Wabeno, Medford, Mosinee, Rhinelander, Three Lakes, Tomahawk & Northland Pines.

#### Officials and Committee of Appeals:

Jim Alfonso – (Official), Joseph Rapacz (Official), ?? (Appeals).

#### Entry Fees:

Checks to cover the entry fee should be made out to **NPHS for \$200** and mailed to:  
Mrs. Christine Uebe - 1800 Pleasure Island Rd. - Eagle River, WI 54521.

**Order of events (Girls then Boys unless specified)**

4x800 M relay (will begin at 4:30 p.m.)

55 M Hurdles (Girls then Boys)

55 M Dash (Girls then Boys)

1600M Run

4x200M (800) Relay  
Throws no finals)

400M Run

200M Hurdles  
4:30 p.m.

800M Run

200M Dash

3200M Run  
6:30 p.m.

4x400M Relay  
p.m.

**Field events \* may be adjusted @ the  
scratch meeting.**

(Starting heights TBD at coaches mtg.)

High Jump - Boys 4:30 p.m. then Girls

Pole Vault - Girls 4:30 p.m. then Boys

(HJ & PV - 3 jumps per height no finals)

Shot-Put - Boys then Girls (4:30 pm - 4

Warm-up for Triple Jump will be 3:45 –

\*Triple Jump - Open pit 4:30 – 6:00 p.m.

Warm-up for Long Jump will be 6:00 –

\*Long Jump - Open Pit at 6:30 – 8:00

\* 3 Jumps per event no finals