

## MARSHFIELD HIGH SCHOOL GIRLS TRACK

HEAD COACH: **Ali Luedtke**

Marshfield High School

1401 East Becker Road

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April 10<sup>th</sup>, 2025

Tiger Relays Teams Attending (6 Teams):

**Colby, DC Everest, Merrill, Neillsville, Wausau East, Marshfield**

Use milesplit.com for your entries. Add Marshfield Tiger Relays to your Indoor Meet Calendar 2025. Use this site to enter your relay teams and field event teams.

- Multiple JV Relays may also be entered for the short relays but limit to One Varsity & One JV Relay Team for the longer relays like Two Mile Relay and Distance Medley.
- ONLY A Relay Teams will be scored and receive medals

All Field Events (3 athletes per relay) will start at **4:30**.

- Each Athlete will get three attempts in the following field events (LJ, TJ)
- Throwers will get four attempts in the shot put!
- Best individual effort by each athlete will be added to get a three person team relay total.

First Running Event will start at **5:00 PM**.

**The Quad Athlete is One Scored Event. This athlete is ONLY allowed to compete in the four quad events (no relays, no open field events). The Quad Events are 60, LJ (3 jumps), SP (3 throws), and 440. See time schedule for Quad Athlete Time Slots**

PLEASE do NOT arrive at the high school before 3:30 PM to allow traffic congestion from students/parents to clear. Our school day goes until 3:06pm.

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### Field Event Flights

Shot Put (4 throws) No finals, Varsity first  
Flight One: Varsity Teams (TBD at Coaches meeting)  
Flight Two: Varsity Teams + Quads (TBD at Coaches meeting)  
Flight Three: Exhibition Throwers from each team

Long Jump (3 jumps) No finals  
4:30 PM – 5:45 PM (Warmups 4:00 PM to 4:30 PM)  
Flight One: Quad Athletes  
Flight Two: Open Pit  
**Runway is 83' long from the 3' board (we also have 8' & 12' boards)**

Triple Jump (3 jumps) no finals  
Warmups: 15 Minutes after LJ Ends  
Event Runs from: 6:00 PM – 7:30 PM  
Flight One: Open Pit  
**Runway is 66' long from the 20' board (we also have 24', 28' & 32')**

**\*Extra 10'-15' can added if athlete starts in the equipment storage area (it's like a closet)**

High Jump (start at 3-10)  
Pole Vault (start at 6-00)

Medals for 1st in each QA event and 1st overall Quad Athlete.

**Concessions will be available at the meet in commons area.**

Entries are due in Milesplit.com at **3pm on Tuesday, April 9<sup>th</sup>**.

Coaches Meeting at 4 PM in the coach's room. Snacks will be provided!

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**Running Events to begin at 5pm**    **Field Events to begin at 4:30 pm**

Quad Athlete 60

Shot Put (4 Attempts)

180 Hurdle Shuttle

Pole Vault (Start at 6-00)

4 Lap Relay

High Jump (Start at 3-10)

Two Mile Relay

#1 Long Jump (3 Attempts)

Sprint Medley (1-1-2-3)laps

#2 Triple Jump (3 Attempts)

Throwers 4 Lap Relay

8 Lap Relay

Quad Athlete 440

Distance Medley (3-3-6-11)laps

2 Lap Relay

Mile Relay – 11 Laps