Manawa Middle School Meet Thursday May 1st, 2025

Teams: Amherst, Bonduel, Emanuel New London, Gresham/Bowler, Iola-Scandinavia, Lourdes Academy, Manawa, Marion/Tigerton, Pacelli, Shiocton, Weyauwega-Fremont, Wild Rose, Wittenberg-Birnamwood

Field Events: 4:00 pm start Track Events: 4:30 pm start

Concessions will be available at the base of the press box.

Scoring: 10-8-6-5-4-3-2-1. Max of 3 athletes per event can score in each event. One relay per event can score.

Entries: on Athletic.net "Manawa Middle School Meet" Entries Due: Wednesday, April 30th at noon.

Limit of 5 athletes in each individual event <u>per team per gender</u>. This means you can have up to 5 girls and 5 boys entered in each individual event. 12 teams, this has to be our limit

Unlimited relays. Please put in your fastest relay as team A.

Athletes may be in 4 total events at maximum. A maximum of 3 field events or 3 track events for each athlete.

Please be sure to seed your athletes. It helps to get kids in the right heats and makes the races better!

There will be a coaches' meeting at 3:40pm at the finish line.

Please have your athletes report to the bullpen by second call. The bullpen will be located at the start of the 100 Meter Dash.

Order of events on the track:

100m Hurdles 100m Dash 1600m Run 4x200m Relay 400m Dash 4x100m Relay 800m Run 200m Dash 4x400m Relay **Triple and Long Jump –** Open pit, cafeteria style. Both genders may jump at the same time. **3 Attempts**. We will be using "5 alive" in both the triple jump and long jump. Jumpers may go back to the fifth place in line to take their next attempt.

High Jump – Girls first, then boys. We will determine starting height at the coaches meeting. We will use 5 alive for high jump.

Shot Put and Discus – Girls shot put first, boys discus first. These will be conducted in flights. Athletes will take all 3 attempts in succession (we will only measure the longest) to help this move quickly. If an athlete needs to move to a different flight to avoid a conflict with a running event, they can do that during the meet. Just let the event judge know.

8 lane rubberized track and jumping areas - CHALK for jumping and relay marks (we will have some available) - 1/4 Inch or Less, Pyramid Spikes Only

Contact:

AD- Lance Litchfield - llitchfield@manawaschools.org Coach- Patrick Collins - pcollins@manawaschools.org (cell:608-434-3573)

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