



## ARROWHEAD HIGH SCHOOL

Welcome to Arrowhead High School's annual **Arrowhead Myrhum Co-ed Track & Field Invitational**. Please review the information listed below. If you have any questions, call Ryan Mangan at 262-369-3612 X 4203. **Our fax number is 262-367-1870.**

1. Date: **Saturday May 4, 2019**
2. Site: Arrowhead High School
3. Time:  
2:30 Coaches Meeting in storage building on south end of track  
3:15 Field Events Start  
3:15 3200 Relay  
4:00 Timed Finals
4. Meet Managers:  
Allison Delzer Girls Head Coach  
Becca McCann Girls Head Coach  
Chris Herriot Boys Head Coach
5. Officials: Jim Steinberg, Tom Emmerich, Jim Brand, Dan Fregien & Dennis Meyer
6. Entry Limits: An athlete may enter a maximum of 4 events, but no more than 3 running or 3 field events. Entry limit: Each school may enter **28** total individual entries. Relays **DO NOT** count as an individual entry. No more than **3** entries per event are allowed per school.

### Info on Open Registration for Non- Contracted Teams

*(\*\*\*If you have a team contract this does not apply to you.)*

**Individual Entries \$15 per event:** Athlete's PR Must be within the minimum guidelines. (This is only for teams looking to send an athlete or two. This does NOT pertain to contracted teams. \*Coaches are responsible for checking the [minimum standard sheet](#))

**Individual Relays \$30 per relay:** Team's PR must be within top 8 performances from previous year ([Coaches are responsible for checking](#))

7. Entries are due: To [www.pttiming.com](http://www.pttiming.com) Go to events page to enter your entries.  
Entries due on



**\*\*\*\*\*WEDNESDAY, May 1, 2019 No Later Than NOON\*\*\*\*\***

8. Field Events:  
In Shot Put, Discus, Long Jump, and Triple Jump, each athlete will get three trial attempts. **Eight will advance to the finals for three throws/jumps**  
  
3:15 Shot Put: Girls first to completion followed by boys  
3:15 Discus: Boys first to completion followed by girls  
3:15 Long Jump: Boys on East runway for one hour  
3:15 Long Jump: Girls on West runway for one hour  
TBA Triple Jump: Boys on East runway 20 min. after long jump  
TBA Triple Jump: Girls on West runway 20 min. after long jump  
3:15 Pole Vault: **TBA**

3:15 High Jump: Girls on East Pit  
High Jump: Boys on West Pit

9: Running events: Girls will run first followed by boys.  
**(ALL RUNNING EVENTS ARE TIMED FINALS)**

Order of events: 3:15 3200 Meter Relay Girls  
\*400 Meter Coed Wheelchair  
3200 Meter Relay Boys  
\*800 Meter Coed Wheelchair

4:00 100 Meter Hurdle Final Girls  
110 Meter High Hurdle Final Boys  
100 Dash Special Olympics  
100 Dash Girls  
100 Dash Boys  
\*100 Meter Coed Wheelchair  
1600 Run  
800 Relay  
400 Dash  
400 Relay  
300 Low & Intermediate Hurdles  
800 Run  
200 Dash  
3200 Run  
1600 Relay

10. Awards: Team Picture Plaques for 1<sup>st</sup> & 2<sup>nd</sup> place  
Medals for 1<sup>st</sup> to 6<sup>th</sup> places.

**\*\*Hospitality for coaching staffs in the Morton Building**