





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 5, 2018**
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
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.

 - Individual Entries \$15 per event:** Athlete's PR Must be within top 8 performances from previous year (Coaches are responsible for checking list on pttiming.com)
 - 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.track@pttiming.com Go to events page to enter your entries. Entries due on **Wednesday, May 2, 2018 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: **Girls on North Pit**
Boys on South Pit
 - 3:15 High Jump: Girls in East Pit
 - High Jump: Boys in 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
4:00	*800 Meter Coed Wheelchair
	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 1st & 2nd place
Medals for 1st to 3rd places.
Individual ribbons for 4th through 6th place.
****Hospitality for coaching staffs in the Morton Building**