

New Lisbon MS Track invitational

Tuesday April 25th, 2023

Teams: Adams Friendship, Bangor, Brookwood, Hillsboro, St. Pats, Necedah, Kickapoo, Royall, Reedsburg, NL, Wonewoc-Center, Mauston, St Pauls

Times: Coaches meeting 3:30 – by concession stand

Field Events – 4:00

Running – 4:20

Team Camps – Setup on grass area before the track

Shoes: ¼ pyramid spikes

Entries: Entries must be completed by visiting wi.milesplit.com

Entries will only be accepted online through MileSplit Wisconsin

- Coaches can access on-line entries directly at wi.milesplit.com or at www.tracksidetiming.com
 - **NOTE: Instructions for first-time account set-up and registration are posted at www.tracksidetiming.com. Plan accordingly and give yourself at least 48 hours to create your account and upload your roster.**
 - The meet is titled “(name of meet)” in wi.milesplit.com. Log in to your account and find the meet in the calendar. **All entries submitted by (day), (date), at 8:00 PM.**
 - Meet information, start lists, and results will be posted at www.tracksidetiming.com
- Online entries must be completed by 8:00pm evening before meet
3 events max per athlete
3 entries per event – 1 relay team per school

Concession stand – Will be available – no carry ins

Field events – Shot put – 3 throws - cafeteria

Discus – 3 throws - cafeteria

High Jump – girls/boys

Long Jump – 3 Jumps – cafeteria

Triple Jump – 3 jumps – cafeteria

Running events- all events girls followed by boys

100 meter hurdles – 10 hurdles

100 meter dash

1600 meter run

4x200 meter relay

400 meter dash

4x100 meter relay

800 meter run

200 meter dash

4x400 meter relay

Cost is \$110 – please send it or bring it with you to meet