

AINSWORTH COMMUNITY SCHOOLS
ACTIVITIES DEPARTMENT

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Luke Wroblewski, Activities Director

2025 AINSWORTH BULLDOG MIDDLE SCHOOL TRACK MEET

TEAMS: Ainsworth, Cody-Kilgore, CWC, Hyannis, North Central, O'Neill, Stuart, West Holt, Valentine

MEET DATE: Thursday, April 3rd, 2025 @ 2:00 PM

MEET SITE: East City Park, located on the east side of Ainsworth.

EVENT

TIMES: Field events and 4 X 800 Relay will begin at 2:00 p.m. (Boys & Girls will run separately) All other running events start at **4:00 p.m.**

RESTROOMS: Located on the west side of the track

CONCESSION

STAND: A concessions stand will be available

Athletic.net Online Entry Instructions

We will be using athletic.net for our entries this year.

(Everyone should have received an email from athletic.net. If you did not, go to your school's schedule and add the meet. It is called the Ainsworth MS Invite.

For entries using athletic.net, please follow the instructions.

1. Add the Ainsworth JH Meet to your calendar.

Watch the Video at:

[Enter Your Team to the Meet](#)

2. Edit athletes and rosters only if you have never set up your team on Athletic.net.

Watch the Video at:

[Edit Athletes and Rosters](#)

If this link does not work. When you are logged into athletic.net go to the “Get Help” menu in the upper right-hand corner of your screen. On the drop-down menu select “Edit Athletes/ Rosters” and watch the video.

3. Register athletes for the meet:

Watch the Video at:

[Video For Registering Athletes](#)

4. Reminders:

- Be sure all entries are placed before 9:00 am on the day of the meet.
- Pay close attention to the schedule of events so that you only enter athletes into the events that are 7th, 8th, or split.

For Example:

- **All running events need to be entered in the combined. (Not in the 7th or 8th)**
- **Triple Jump, High Jump, Pole Vault need to be entered in the combined (Not the 7th or 8th)**
- **Shot Put, Discus, and Long Jump need NOT to BE ENTERED in the combined. These events need to be entered on the 7th or 8th.**

THANK YOU IN ADVANCE FOR CLOSELY FOLLOWING THE DIRECTIONS LISTED IN THE REMINDERS.



AINSWORTH BULLDOG JUNIOR HIGH TRACK MEET 2025

Champion and Runner-up Trophies
Medals – Top 4 places
Individual & Relay Events... Medals 1st – 6th place

Order of Events

- 1:30 Coaches Meeting for scratches (**NO ADDITIONS**), and other information.
- 2:00 4 X 800 Relay to be run at 2:00 (Boys & Girls run separately) Combined Event
- 2:00 **Field Events Start** **Scratch at the event site**
 (shot put and discus, 3 throws, no finals)
 (long jump and triple jump, 3 jumps, no finals)
 (high jump and pole vault, regular 3 misses)

Field Events:

- 1st- Boys Discus – (7th followed by 8th)
- 1st- Girls Shot – (7th followed by 8th)
- 2nd- Girls Discus – (7th followed by 8th)
- 2nd- Boys Shot - (7th followed by 8th)

Boys Long Jump (8th- 7th) followed by Girls Long Jump (8th- 7th)
Girls Triple Jump (Combined) followed by Boys Triple Jump (Combined)
Girls High Jump (Combined) followed by Boys High Jump (Combined)
Boys Pole Vault (Combined) followed by Girls Pole Vault (Combined)

4:00 **Running Events Start. Report to BullPen with the Clerk of Start.**
All Running Events Will Be Combined

All heats will be finals against time

100 Meter Low Hurdles (girls – 30")
100 Meter Intermediate Hurdles (boys – 33")
100 Meter Dash
1600 Meter Run
400 Meter (4x100) Relay
400 Meter Dash
200 Meter Dash
800 Meter Run
200 Meter Hurdles
1600 Meter (4x400) Relay