

Tomah Track and Field

Jessa Von Haden and Jon Heesch
Tomah Senior High
Lincoln Avenue
Tomah, WI 54660

April 10, 2019

Dear Coach:

Welcome to the Thirty-sixth Annual Tomah Freshman-Sophomore Invitational, now known as the Bruce Luebke Invitational to be held on Monday, April 29, 2019. This is the twenty first year that sophomores have been included in the meet. The order of events is the same as listed in the WIAA Handbook.

PLEASE REGISTER YOUR ENTRIES FOR THE MEET ONLINE AT WWW.PTTIMING.COM
YOU ARE ALLOWED TWO ENTRIES PER EVENT AND ONE RELAY TEAM FOR EACH OF THE FOUR RELAY EVENTS.

The field events will follow this order:

Boys Shot First

Girls Discus First

Girls High Jump First

Girls Triple Jump First (Open Pit--Time Limit Boys

Long Jump First (Open Pit--Time Limit)

Boys Pole Vault First

There will be no trials in any events. All running events will be set up as SECTIONS based on time. Please be as accurate as you can be in entering your seed times, heights, and distances. Four attempts will be allowed in the Shot, Discus, Long and Triple Jumps. Starting heights will be determined from the entries.

Our brand new resurfaced track and field event approaches are seal-flex and 1/4 inch or less pyramid spikes are allowed. All other spikes will result in disqualification from that event. We will have a concession stand available behind the bleachers.

Coaches, scratches can be made in the track storage shed at the end of the front straight when you arrive. Substitutions can be made and use the spot of the original entry. Event results will be posted on the wall of the maintenance building by the start of the 100. **NO ADDITIONS WILL BE MADE AFTER ENTRIES CLOSE ON THE PT TIMING WEBSITE**

- We will be using an automated timing system again this season; runners will wear their hip number on their right hip.
- Entries must be completed by visiting pttiming.com.
- To find your event, hover over *Schedule* and click on *All Upcoming Events*. If your event is not listed, please contact lindsey@pttiming.com.
- Online entries must be completed 2 days prior to the event at NOON—to avoid confusion, the deadline is set at 11:59 am CST.
- Meet entries open 1 week and 2 days prior to the deadline at noon.
- If a coach misses the deadline, the coach should email info@pttiming.com to reopen the meet. The host school and/or violating school may incur a \$50 Late Entry Fee—PT Timing will make that decision, depending on the situation.
- Entry fee is \$170 per school (\$85 per gender). Please mail to Tomah High School Attn: Athletic Dept 901 Lincoln Avenue Tomah, WI 54660

Field events will start at 4:30, as well as running events with the 3200 Relay. If you have any questions or concerns, please contact us at jessavonhaden@tomah.education or jonheesch@tomah.education

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