**PEM Junior High & 9-10 Medal Meet Info**

# **Date:** May 5, 2018 **All meets will be held in Elgin!**

# **Participating Schools:** Plainview-Elgin-Millville, Century???, Chatfield, Dover-Eyota, Lewiston-Altura???, Pine Island, R.A.C.E, St. Charles, Schaeffer Academy, Stewartville, and Wabasha-Kellogg

**Meets Schedule:** The meet will start at 9:30 am with the first rotation of the field events. The running events will begin at 10:30 am.

**Meet Participants:** The meet will consist of girls and boys teams. Participants are limited to a combination of four (4) events - no more than three (3) running, no more than three (3) field, and no more than two races 800 meters or longer.

**Awards and Results**: 7th & 8th graders will be scored together and 9th & 10th graders will be scored together. Medal will be given out to the top two finishers in each event in each division. Results will be available in the press box after the meet. They will also be sent via email. All athletes will receive times and marks. The meet will be run using the pyro bright flash automatic timing system and scored using hy-tek meet manager.

**Entries:** Each participating school is allowed five (5) entries for each individual running event and two (2) entries for each relay event. Each school will be allowed six (6) entries in the field events. Participants will be allowed four (4) throws or jumps.

Coaches must email line-ups to [mandring@isd2899.k12.mn.us](mailto:mandring@isd2899.k12.mn.us) by Thursday, May 3rd by noon. All entries must be submitted using the TEAM MANAGER or TEAM MANAGER LITE PROGRAM, which is a free download.

**Scoring:** Team scores will be kept. Scoring will be 10-8-6-5-4-3-2-1 for individual events and relay events. 2nd relay teams will get times, but not count toward team scores.

**Entry Fee:** $150.00 per school. The entry fee will help pay for the starter. If your school has not paid yet, please take care of this as soon as possible.

**Track Surface:** We have a brand new all-weather surface. 3/16th inch pyramid spikes are the only ones allowed on the track or the field event areas. Athletes with spikes other than 3/16th inch pyramids will be disqualified from the meet. Tennis balls cut in half and chalk will be available for marking exchange zones and steps. Absolutely no tape is allowed on the track or in the field event areas for any reason. Anyone using tape will be disqualified from the meet!

**Team Camps:** Camps are not allowed on the infield. They should be set up outside of the track area. Please make sure that your team area is cleaned up at the conclusion of the meet. Rest room facilities are available at the track.

**Concessions:** Concessions will be available at the meet. All proceed go to the PEM Track Backers.

***Order of Events***

# All running events will have the girls competing first and the boys following. All athletes should check in at the staging area which will be at the start of the 100 meter dash.

***10:30* Running Events:**

4x800 Meter Relay (7-8 & 9-10 girls and boys will run together)

100 Meter Low Hurdles (30”) – (7-8 girls)

100 Meter Hurdles (33”) – (7-8 boys)

100 Meter Hurdles (33”) – (9-10 girls)

110 Meter High Hurdles (39”) – (9-10 boys)

100 Meter Dash

4 x 200 Meter Relay

1600 Meter Run

4 x 100 Meter Relay

400 Meter Dash

200 Meter Hurdles (30”) (7-8 girls and boys)

300 Meter Hurdles (30”) (9-10 girls)

300 Meter Hurdles (36”) (9-10 boys)

800 Meter Run

200 Meter Dash

3200 Meter Run (9-10 girls and boys will run together)

4 x 400 Meter Relay

Please make sure that athletes check in immediately at their respective field event(s) and get their practice throws/jumps in. They must also notify the event judge when they leave their field event to run. Athletes should report back to their field event immediately after running to check back in. This is especially important in the vertical jumping events as we will not hold up the competition for long periods of time. After a reasonable period of time the bar will be raised.

***9:30* Field Events:**

High Jump: Opening height for girls will be 3’8” and increase in 2” increments.

Opening height for boys will be 3’10” and increase in 2” increments.

Pole Vault: Runway #1 (Both will vault at the same time – we have two pits)

Opening height for the girls will be 5’0” and increase in 6” increments.

Opening height for the boys will be 5’0” and increase in 6” increments.

Long Jump: Runway #2 – Cafeteria style boys and girls (4 attempts).

## Triple Jump: Runway #3 – Cafeteria style boys and girls (4 attempts).

Shot Put: Girls will throw first; boys will follow (4 attempts).

Discus: Boys will throw first; girls will follow (4 attempts).

If you have questions, please contact Mike Andring by:

# email: [mandring@isd2899.k12.mn.us](mailto:mandring@isd2899.k12.mn.us) or

# 

# phone: cell → (507) 951-1460 school → (507) 534-3128 ext. 4610