



February, 2019

Dear Grade School Physical Education Instructors and Track & Field Coaches,

Please read thoroughly.

Track and field is a wonderful sport that provides opportunities to all boys and girls to participate. Currently at Arrowhead High School we have approximately 260 boys and girls participating in track & field. We thank all physical education instructors and grade school track and field coaches for supporting our program through the work you do with the kids in your school.

The Arrowhead Grade School Track & Field Meet for this year has been scheduled for **Wednesday, May 15, 2019** (5th – 8th graders) **4:30 coaches meeting, 4:45 field, 5:45 running.**

For the grade school athletes (**4th grade and younger**), we will run the 50 yd dash, 100 yd dash and 100 yd mini hurdles and high jump on the football field between **4:45 pm and 5:45 pm.**

The goal of the Arrowhead Grade School Track & Field Meet is to revive the prestigious status of the meet. The focus will be on the athletes to showcase themselves to the high school coaches and experience more selective and competitive competition. There was a need to distinguish this Arrowhead Grade School Invite from the developmental 'All Comers' meets offered during the weeks leading up to this meet.

MEET INFORMATION for the Middle School Scored Competition

1. Goals
 - A. Have fun!
 - B. Promote good sportsmanship in a positive yet competitive environment.
 - C. Promote the sport of track and field so athletes desire to pursue improvement and excellence.
 - D. Showcase talented athletes in the sport of track and field.

2. Participants
 - A. Each feeder school in the Arrowhead Union School District is welcome to participate. Home schooled kids residing in the district are allowed to compete.
 - B. Each school will run as one team, regardless of size. There will not be color designated team divisions.
 - C. Teams will be composed of boys and girls in 5th through 8th grade.
 - D. No 4th graders are allowed.
 - E. Remember ages and grades are not distinguished at this meet.
 - i. All 5th – 8th graders compete against each other.
 - ii. For informational purposes, please include the athlete's grade on the entry form.
 - F. Uniforms are not mandatory, but similar looking shirts for your school will promote school spirit and is helpful to meet management, especially for relays.

3. Entries
 - A. Each team is allowed 3 entries per event and 2 relay teams.
 - B. Only 1 relay team will count in the team points.
 - C. Each athlete is allowed a maximum of 3 events including relays and field events.
 - D. Due to the limited entries allowed, we suggest focusing on the 8th graders to fill your team first. This will be an event to showcase your best athletes.
 - E. Events offered are 100 m hurdles, 100, 200, 400, 800, 1600 4x100, 4x400, HJ, LJ, Shot Put.

4. Awards
 - A. Scores will be tallied according to the point system below.
 - B. Points will be awarded as follows: 8th place – 1 point, 7th place – 2 points, 6th place – 3 points, 5th place – 4 points, 4th place – 5 points, 3rd place – 6 points, 2nd place – 8 points, 1st place – 10 points.
 - C. A traveling trophy will be awarded to the winning girls' and boys' teams.
 - D. Ribbons will be awarded in each event for 1st through 8th place.
 - E. Arrowhead track team t-shirts will be awarded to the male athlete of the meet and the girl athlete of the meet.

5. Seeded Heats
 - A. We will make seeded heats.
 - B. Please include a seed time if you desire comparable competition.
 - C. Last heat of each event will be the fastest.
 - D. Probably 2 heats of the 800, slower and faster, and 1 heat of the mile

6. Rosters / Entries
 - A. Entries will be done on athletic.net
 - B. **Entries due on Tuesday, May 14, at 8:00 pm**
 - i. Athletic.net will not lock you out.
 - ii. I'll just be taking the entries off the system at that time.
 - iii. If you make changes after that point - I won't receive them.
 - iv. You can make changes at the track on the day of the meet.
 - v. Scratch and Replace, only allowed
 - vi. Coaches report changes as quickly as possible at the finish
 - C. If you have any trouble or questions entering the meet, please ask.
 - i. Jill Bradley at marctrackcc@gmail.com

7. ATHLETIC.NET
 - A. Create an account with an email and password.
 - B. Create a Middle School team.
 - C. In the 'search' button - find the AHS Grade School Middle School Meet.
 - D. Add it to your team.
 - E. It should show in your list of meets for the 2019 Outdoor TF season.
 - F. Click on the meet in your list.
 - G. Register your athletes by entering name, grade and gender. Skip the info on birth date.
 - H. Once you have your roster in - then click on athletes and add events to their name.
 - I. Make generic names on your roster to use for relays if you are not sure who is running at the moment.
 - J. Everything auto saves.
 - K. I'll be able to quickly download the entries from Athletic.net into HyTek to make heat sheets. So I appreciate you using this system.
 - L. If you have trouble and can't get them entered on athletic.net, please email your entries to:
 - i. Jill Bradley at marctrackcc@gmail.com

8. Coaches
 - A. Upon arrival to the track, proceed to your school's registration table
 - i. Please have your athletes pick up their athlete number at the table.
 - ii. This does not count as 'check in' for their event. They must check in with the clerk before their race or event.
 - iii. Roster adjustments can be made at the check in table – meaning adding an athlete to your roster who will replace an existing registered athlete.

- iv. No new entries will be made at the meet as heats will be seeded.
 - v. Athletes must wear their pre-assigned number on their chest below their chin.
 - B. Please pick up your coaches packet at your designated school's table.
 - C. The packet will include: summer camps, meet records, heat sheets, order of events, and voting ballots – one each for the girl athlete of the meet and the boy athlete of the meet.
 - D. Coaches Meeting at 4:30 near the finish line and results table.
9. Event details
- A. The shot put will be 6 lb for girls and 4 kg (8 lbs. 13 oz) for boys. Three puts allowed.
 - B. The hurdle race will be 100 meters, with 10 hurdles, 30" high, 8 meters apart.
 - C. High jump starting height is 3'2" – 3 misses at a height end your competition.
 - D. The long jump runway will have two available take-off boards to choose from. The 8 foot board and one board closer to the sand pit than the 8 foot board. Three total jumps allowed.
 - E. Starting blocks will be available, but are not required.
10. Entry Fee
- A. You will be charged \$40 per girl team and \$40 per boy team. Max of \$80 per school. Or \$4 per athlete.
 - B. Please make checks payable to Arrowhead High School.
 - C. Please either bring the check with you to the meet on the 15th, or mail the check to Ryan Mangan (Activities Director) in care of Arrowhead High School, 700 North Ave, Hartland, Wisconsin 53029.
 - D. This fee covers the cost to run the meet; officials, awards.
 - E. Include your school name and designation as 'AHS Grade School Meet' with your payment.
11. Fans
- A. Please share with your parents, fans, and spectators that they are to cheer from the stands and not the infield. No events will start until the infield is clear of parents, fans, and spectators.
 - B. Please also share with your team that no food or drink will be allowed on the infield or track.
12. Events for 4th graders and younger
- A. Football Infield 50 yd dash, 100 yd dash, Mini Hurdles
 - B. High Jump
 - C. Open to all girls and boys in 4th grade, 3rd grade, 2nd grade, 1st grade, kindergarten, and younger!
 - D. Just show up! No pre-registration required.
 - E. Ribbons for all participants!
 - F. No times will be kept.
 - G. Please meet on the East side of the track – closest to the tennis courts
 - H. We will call races to the starting line when the gender and grade are ready.
 - I. There will not be a posted time schedule. We will run one race after another with no delays.
 - J. Spread the word!! This is a great chance to come out and enjoy the sport of track and field!

If you have any questions please contact us!

Yours in Track,

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