

Tomah Track and Field

THS Coaches: Jessa Von Haden and Collin Eswein
Tomah Senior High
901 Lincoln Avenue Tomah, WI 54660

April 12, 2023

Dear Coach:

Welcome to the Thirty-ninth Annual Tomah Freshman-Sophomore Invitational, also known as the Bruce Luebke Invitational, to be held on Monday, May 1, 2023. 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.

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.

There will be concessions available for sale. Please plan accordingly.

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 online.

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 left 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 (Saturday April 29)—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 \$200 per school (\$100 per gender). Please mail to Tomah High School
Attn: Athletic Dept 901 Lincoln Avenue Tomah, WI 54660

Coaches meeting 3:45. Field events will start at 4:00. Running events will start at 4:30 with the 3200 Relay. If you have any questions or concerns, please contact us at jessavonhaden@tomah.education or collineswein@tomah.education

Mississippi Valley Conference

2023 Luebke Invitational

Tomah High School

Facility: 400 Meter Seal Flex track and field event surfaces. Throws circles are constructed out of cement.

Spikes: 1/4 inch spikes for all event except Shot Put and Discus

Results: Available shortly after the competition and also later that evening on www.pttiming.com

Scoring: Top 8 competitors and relays will score: 10-8-6-5-4-3-2-1

Entries: Entries will be submitted on-line at www.pttiming.com. **Each team is allowed 2 entries per event and 1 relay per event. Check Entry Due Date**

Coaches Meeting: Will be held in the white garage at the end of the front straight meet at 3:45.

Hip Numbers: Will be located at the start of the 100 meters.

Scratches: All scratches are to be made at the coaches meeting prior to the meet. **NO ADDITIONS** the day of the competition. Substitutions can compete under the original competitor's name.

Concessions: Will be available in the building directly behind the bleachers on the front straight.

Entry Fee: Fee is \$200 per school (\$100 per gender). Please mail checks to: Tomah High School Attn: Athletic Dept 901 Lincoln Avenue Tomah, WI 54660

Mississippi Valley Conference

Time Schedule and Order of Events

3:30 Sheets will be available for substitutions and/or scratches before the meet in the storage shed at the end of the front straight

3:45 Coaches Meeting (White Shed by the finish line)

4:00 Field Events Begin

Boys Shot Put First

Girls Discus First

Girls High Jump First

Girls Triple Jump First--Cafe Style 4:00 to 5:30 (4 Jumps)

30 Minute warm-up in between

Boys Triple Jump Second --Cafe Style 6:00 to 7:30 (4 Jumps)

Boys Long Jump First-- Cafe Style 4:00 to 5:30 (4 Jumps)

30 Minute warm-up in between

Girls Long Jump Second- Café Style 6:00 to 7:30

*****The time length may be shortened depending on the total number of competitors.

Boys Pole Vault First

4:30 G 3200 Relay

B 3200 Relay

G 100 High Hurdle Final

B 110 High Hurdle Final

G 100 Final

B 100 Final

G 1600

B 1600

G 800 Relay

B 800 Relay

G 400

B 400

G 400 Relay

B 400 Relay

G 300 Low Hurdles

B 300 Int. Hurdles

G 800

B 800

G 200

B 200

G 3200

B 3200

G 1600 Relay

B 1600 Relay