



Dear Grade School Physical Education Instructors and Track 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 250 boys and girls participating in track & field. We thank all physical education instructors and grade school track coaches for supporting our program through the work you do with the kids in your school.

The Arrowhead Grade School Meet for this year has been scheduled for Wednesday May 20, 2015. For the middle school aged athletes (5th through 8th grade), we will start field events at 4:45 and running events at 5:45. For the grade school athletes (4th grade and younger), we will run the 100 yd dash and 100 yd mini hurdles on the football field between 4:45 pm and 5:45 pm. We will continue with the long jump and possibly the high jump, if time allows, for those younger athletes (4th grade and younger), from 5:45 pm to 6:45 pm.

MEET INFORMATION for the Middle School Scored Competition

1. Goals
 1. Have fun!
 2. Promote good sportsmanship in a positive yet competitive atmosphere.
 3. Promote the sport of track and field so they leave wanting more of it.
 4. Showcase talented athletes in the sport of track and field.
 5. Allow as many athletes to compete as a reasonable time schedule allows.
2. Participants
 1. Each feeder school into the Arrowhead Union School District is welcome to participate. Home schooled kids residing in the district area also allowed to compete.
 2. Each school will run as one team, regardless of size. There will not be color designated team divisions.
 3. Teams will be composed of boys and girls in 5th through 8th grade.
 4. A 4th grader may fill a spot on a team, but only if it is necessary.
 5. No 4th grade teams will be allowed.
 6. 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.
 7. 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
 1. Each team is allowed 3 entries per event and 1 relay team.
 2. If you have a large team, a reasonable amount of additional athletes and relays will be allowed into events. Please email me for approval. Jbradey33@wi.rr.com
 - i. The purpose of the limits is to not host an extremely long meet.
 - ii. Maximum number of heats per gender per event are as follows:
 1. Field events – no entry limits

2. Hurdles – 4 to 5 heats
3. 1600 – 2 heats
4. 100 – 8 heats
5. 400 – 6 heats
6. 4x100 – 2 heats
7. 800 – 2 heats
8. 200 – 8 heats
9. 4x400 – 2 heats

- iii. The top 3 performing athletes in each event will represent the scorers for your school.
3. Each athlete is allowed a maximum of 3 events including relays.

4. Awards

1. Scores will be tallied according to the point system below.
2. 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.
3. A traveling trophy will be awarded to the winning girls' and boys' teams.
4. Ribbons will be awarded in each event for 1st through 8th place.
5. 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

1. We will make seeded heats.
2. Please use this simple system to categorize your runners:
 - i. 1= Faster Heat
 - ii. 2 = Average Heat
 - iii. 3 = Slower Heat
 - iv. Please indicate next to the name of each entry which seed you would like.

6. Rosters

1. Please submit - simple name rosters (with grade, but without event entries) to Jill Bradley at jbradley33@wi.rr.com any time prior to **Sunday, May 17.**
2. This will allow more time to get the rosters set up on HyTek.
3. **Team rosters are due to Jill Bradley at jbradley33@wi.rr.com by 9:00 PM on Sunday, May 17th**
4. **Final event selections are due by noon on Tuesday, May 19.**
5. Any minor changes to your line ups can be emailed to Jill Bradley as late as Tuesday night, May 19th at 7 pm.
6. Final changes can be made at the track on Wednesday, May 20th.
7. Coaches should come as quickly as possible upon their arrival to the track, to the finish line scorer's table, on the South end of the track, where final changes can be made to the entries.

7. Coaches Packet

1. Please pick up your coaches packet at the same above location.
2. The packet will include: Summer running 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.

8. Event details

1. The shot put will be 4 kg (8 lbs. 13 oz) for both boys and girls. Three puts allowed.
2. The hurdle race will be 100 meters, with 5 hurdles, 17 meters apart.

3. The hurdle height will be 30”.
 4. High jump starting height is 3’2” – 3 misses at a height end your competition.
 5. There will be a jump board on the long jump runway closer to the sand pit than the 8 foot painted white board. 2 or 3 (depending on the number of entries) total jumps allowed.
 6. Starting blocks will be available, but are not required.
9. Entry Fee
1. You will be charged \$1.00 for every entry into the meet with a cap of \$100 per school (which includes both boys and girls teams).
 2. Please make checks payable to Arrowhead High School.
 3. Please either bring the check with you to the meet on the 20th, or mail the check to Kevin Flegner (Activities Director) in care of Arrowhead High School, 800 North Ave, Hartland, Wisconsin 53029.
 4. I will be happy to assist you with counting your entries.
 5. This fee covers the cost to run the meet and provides a small amount of support to the boys and girls track and field programs at AHS.
10. Fans
1. 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.
 2. Please also share with your team that no food or drink will be allowed in the infield and on the track.
11. Events for 4th graders and younger! Football Infield 100 Yard Dash, Football Infield 100 Yard Mini Hurdles and the Long Jump! The high jump may be available as long as time allows.
1. Open to all girls and boys in 4th grade, 3rd grade, 2nd grade, 1st grade, kindergarten, and younger!
 2. Ribbons for all participants!
 3. No times will be kept.
 4. Please meet on the East side of the track – closest to the tennis courts
 5. We will call races to the starting line when the gender and grade are ready.
 6. There will not be a posted time schedule. We will run one race after another with no delays.
 7. 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 either Chris Herriot herriot@ahs.k12.wi.us or Jill Bradley (meet organizer) at 262-820-0367 or 262-442-4254 or jbradley33@wi.rr.com.

Yours in Track,
 Chris Herriot
 Head Boys Track & Field Coach
 Arrowhead High School

Ron Johnson
 Head Girls Track & Field Coach
 Arrowhead High School