



HON Penta Track Meet



Coaches and Athletic Directors:

April 18, 2025

We are looking forward to seeing you and your team at our **HON Track Penta Meet** on May 1, 2025. Below is some information regarding the meet and the format for the night:

Teams Participating: Cameron, Cumberland, Hayward, Ladysmith, St. Croix Falls

Officials: Steve Eichman
Joseph Rapacz

Games Committee: Official Starter, Lorne Majewski (AD/Meet Manager), Ryan O'Connell (Cumberland), Ben Sira (Hayward), Chad Gago (Ladysmith)

Exchange Zones: 4 x 200: 1st -Cameron, 3rd - Cumberland
4 x 100: 1st - Hayward, 2nd - Ladysmith, 3rd - SCF

Coaches Meeting: 3:30 by Finish Line Tent

Entries: Entries will be through AccuRace Timing Service at
<http://wi.milesplit.com/>
Deadline will be 12:00 pm on April 30.

Spikes: Only ¼ pyramid spikes are allowed, rubber track, high jump and runways.

Buses: Drop off athletes by the track and park Buses up on the North side of Endeavor stadium.

Visitor Parking: Park by the HS or Endeavor Stadium, do not park down by the track

Team Camps: Set up on the flat area between the Track and Endeavor Stadium.

Bathrooms/Water: - 6 Porta Potties will be available.
-We do not have running water at the track so please have kids bring a water bottle. Water jugs for refilling bottles by the shed and we have access to running water at Endeavor for refilling team jugs.

Athletic Trainer: Katie Jensen, AT will be available for the entire meet.

Order of Events

Field Events:

Start at 4:00 pm

Shot Put- (Girls 1st / Boys) 4 Throws and No Finals

Discus- (Boys 1st / Girls 4 Throws and No Finals

High Jump- (Girls 1st / Boys) Starting Height determined at coaches meeting

Long Jump - (Girls 1st / Boys) 4 Jumps, No finals
(4:00-Completion)

Triple Jump - (Boys 1st / Girls) 4 Jumps, No finals
(After LJ)

Pole Vault - (Boys / Girls Combined, Starting height determined at meeting)
(Long Jump and Triple Jump will use one runway and Pole Vault will be using the other runway).

Running Events:

Start at 4:30 pm, Girls run 1st, followed by Boys

3200 m Relay

100m / 110m High Hurdles

100 m Dash

1600 m Run

800 m Relay

400 m Dash

400 m Relay

300 m Intermediate Hurdles

800 m Run

200 m Dash

3200 m Run

4x100 Throwers Relay

1600 m Relay