

GALE-ETTRICK-TREMPEALEAU MIDDLE SCHOOL TRACK MEET April 25, 2025

- Teams: Alma-Pepin, Arcadia, Black River Falls, Cochrane-Fountain City
Gale-Ettrick-Trempealeau, Melrose-Mindoro, Whitehall
- Cost: **Entry Fee:** \$100 for both or \$50 for one gender. (Mail to GET or have coaches bring it)
- Time: Coaching Meeting: 3:45 pm
Field Events: 4:00 pm
Running Events: 4:15 pm
- Registration: **Online Entries:** Entries will be through Athletic.net
Entry Deadline is Thursday, April 24th, noon. AccuRace Timing Services will provide timing and live results.
Entry Limitations: **Four** entries allowed for: individual running events, Long Jump, Triple Jump, High Jump, Shot, and Discus. **Two** relay entries per relay event.
Concessions: Available throughout the meet.
- Each athlete is limited to 4 events (no more than 3 running events or 3 field events).
- Equipment/
Event Details: ¼ inch spikes
Girls Shot = 6lb Boys Shot = 8lb
Girls and Boys Discus = 1K
Starting Height Girls HJ = 3'3"
Starting Height Boys HJ = 3'6"
Girls and Boys Hurdle Height = 30"
Long Jump, Triple Jump, and Throws will have 3 attempts. No finals.
- Meet Contacts: Doyle Smidt - MS Track Coach
doylesmidt@getschools.k12.wi.us
Hannah Torud- MS Track Coach
hannahtorud@getschools.k12.wi.us
Jacob Sorenson - MS Track Coach
- Rick Schmidt - Athletic Director
rickschmidt@getschools.k12.wi.us

GALE-ETTRICK-TREMPEALEAU MIDDLE SCHOOL TRACK MEET

April 25, 2025

Order of Events:

Field Events:

High Jump - girls first, followed by boys
Long Jump - girls first, followed by boys
Triple Jump - boys first, followed by girls
Shot Put - girls first, followed by boys
Discus - boys first, followed by girls

Running Events:

100 Meter Hurdles
100 Meter Dash
1600 Meter Run
800 Meter Relay (200-200-200-200)
400 Meter Dash
400 Meter Relay (100-100-100-100)
800 Meter Dash
200 Meter Dash
1600 Meter Relay (400-400-400-400)

Girls heats first, followed by boys.

Bathrooms:

Located behind the bleachers.