

Longfellow Middle School Track Meet

Tuesday, May 6th, 2025

La Crosse Central High School Track

Teams: Longfellow, Aquinas, and Sparta

Field Events - 4:15 Running Events - 4:30

Entries:

- Entries will be through athletics.net and are due on Monday, May 6th at noon
- Seeded heat sheets will be posted at <http://www accuracetimeing.com>
- Results for the meet will be posted live and after the meet by Accurace Timing at <http://www accuracetimeing.com/schedule.html>

Field Events:

Field events will begin at 4:15pm.

High Jump:

Girl's high jump will start first with the starting height of 3'6".

Boy's high jump will start immediately after the girls with a starting height of 4'0".

Long Jump:

We will be running all boys and girls long jumpers on one long jump pit. This will be run cafeteria style. Athletes will be given 4 attempts. All jumps will need to be completed by 5:30pm.

Triple Jump:

We will be running all boys and girls triple jumpers on one pit. This will be run cafeteria style. Athletes will be given 4 attempts. The triple jump will begin with run-throughs at 5:30pm and start at 5:40pm.

Shot-Put:

Boys and girls shot put will be at the same time - cafeteria style. Athletes will be given 4 attempts.

Discus:

Boys and girls discus will be at the same time - cafeteria style. Athletes will be given 4 attempts.

***SPIKES may be used, but they must be no longer than ¼ inches.

Running Events:

Running events will begin at 4:30pm with the girls races first.

100 Meter Low Hurdles (5 Hurdles)

100 Meter Run

1600 Meter Run

4 x 200 Meter Relay

400 Meter Run

4 x 100 Meter Relay
200 Meter Low Hurdles (6 Hurdles)
800 Meter Run
200 Meter Run
4 x 400 Meter Relay

Longellow contact is Jon Morschhauser at jmorschh@lacrossesd.org or Ryan Mandel at rmandel@lacrossesd.org