



Teams: Black River Falls, CFC, and Melrose-Mindoro

Cost: **Entry Fee:** \$75 per school  
Checks can be brought to the meet or mailed to:  
**Mel-Min School District**  
**N181 State RD 108 Melrose, WI 54642**

Time: Coaching Meeting: 3:45 pm (Finish Line)  
Field Events: 4:00 pm  
Running Events: 4:15 pm

Registration: **Online Entries:**  
Athletic.net  
**Entry Deadline:** April 27th Noon  
**Entry Limitations:** 6 entries allowed for: Field Events,  
running & two for relays  
**Concessions:** Available throughout the meet.

Each athlete is limited to 4 events (no more than 3 running events or 3 field events).

Meet Contacts: Lindsay Rozek  
[rozekl@mel-min.k12.wi.us](mailto:rozekl@mel-min.k12.wi.us)

Annie Labus Middle School Track Coach  
[labus.anne@mel-min.k12.wi.us](mailto:labus.anne@mel-min.k12.wi.us)

**Melrose-Mindoro**  
**MIDDLE SCHOOL TRACK MEET**  
**April 28th 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.

Equipment/  
Event Details:

$\frac{1}{4}$  inch spikes  
Girls Shot = 6lb Boys Shot = 8lb  
Girls and Boys Discus = 1K  
Starting Height Girls HJ = 3'4"  
Starting Height Boys HJ = 3'8"  
Girls and Boys Hurdle Height = 30"  
Long Jump, Triple Jump, and Throws will have 3 attempts. No finals.