

March 20, 2025

**Simpson Track Invite
Friday April 4, 2025**

Participating Schools: Ashland, Bayfield, Drummond, Grantsburg Hayward, Ironwood, Mercer, Moose Lake, Shell Lake, Solon Springs, South Shore, Superior, Unity, Webster, Washburn, and Northwestern.

Simpson Track Invite will be on Friday April 4, 2025 at the UW-Superior Lydia C. Thearing Fieldhouse. The coach's meeting will be at 3:20 PM. The meet will start at 4:00 PM.

Entry fees are \$330.00. Please mail the entry fees to Brian Smith at Northwestern HS
PO Box 218
Maple WI 54854.

There is a \$4 admission fee. Please let your fans know this. This helps off set cost of facility and timing system

AccuRacing Timing Services will be timing and scoring meet the meet. All entries must be done online using MileSplit: <http://wi.milesplit.com/>

Each School will be allowed 3 entries/event and 2 Relays/event, (Only 1 relay can score).

Long Jump, Triple Jump, & Shot Put will be 3 attempts

Scratches & Substitutions will be allowed at the Coaches meeting, but no additional entries will be allowed at that time.

Entries can be entered starting now. Entries will close on April 3, 2025 at 12:00 pm. When the entries close, it gives AccuRacing time to seed the meet and post heat sheets. This will allow coaches to print the heat sheets the morning of meet.

Shirts Unlimited will be creating and selling Simpson Invite T-Shirts. A pre-order form is included in email. Please email Tina Prior if you have any questions. Tinaprior@msn.com.

If you have any questions please contact me by email bsmith@nw-tigers.org or call me, Brian Smith, at 715-363-2434 Ext. 2019.

2025 DENNIS SIMPSON INDOOR INVITATIONAL

FRIDAY APRIL 4, 2025

GENERAL INFORMATION

1. The girl's pole vault will start at 6'0". The boy's pole vault will start at 8'0".
2. High Jump will start at 5'0" for the boys and 4'0" for the girls. The bar will be moved 3" at a time until 3 competitors are left; after which the bar will be moved 1" at a time.
3. NO spikes on the infield or in the high jump.
4. The top 8 places score team points. A team trophy will be awarded to the top two teams for boys and girls.
5. 3 entries are allowed per team per event and 2 relays per school (one scores).
6. All races are final.
7. The long and triple jump pit will be run as an open pit. Each contestant will get 3 attempts per event. All jumps are finals.

GAMES COMMITTEE

Boys Coaches: Northwestern, Ashland, Moose Lake

Girls Coaches: Northwestern, Hayward, Superior

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ORDER OF EVENTS

*[** This schedule could change. Please listen to the announcer for the exact schedule.]*

- 3:20 P.M. Coaches Meeting**
3:50 P.M. Dedication and National Anthem
4:00 P.M. All Field Events
4:00 P.M. 3200 Meter Relay (each runner runs 4 laps) (Boys/Girls)
4:30 P.M. 55 Meter Hurdle (Boys/Girls)
4:55 P.M. 55 Meter Dash
5:20 P.M. 1600 Meter Run (8 laps)
5:45 P.M. 4 x 200 Meter Relay
6:05 P.M. 400 Meter Run (2 laps)
6:30 PM 800 Meter Run (4 laps)
7:00 P.M. 200 Meter Dash
7:25 P.M. 3200 Meter Run (16 Laps)
7:55 P.M. 4 x 400 Relay
8:25 P.M. Awards Presentation (Team trophies)
(Individual medals will be placed in an envelope that each head coach will pick up after the meet to distribute the medals at a later time)

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* Field Events - 4:00 P.M.

Shot Put	-Girls/Boys	
High Jump	-Boys/Girls	
Long Jump:	-Open Pit	4:00-7:00
Triple Jump:	-Open Pit	4:00-7:00
Pole Vault:	-Girls/Boys	

