



Spooner Track Meet 2025

- Site:** Spooner High School, 801 County Road A, Spooner, WI 54801
- Date:** April 24, 2025
- Fee:** No admission or entry fee
- Start Times:**
- | | |
|------------------|----------------|
| Coaches Meeting: | 4:00 PM |
| Field Events: | 4:30 PM |
| Running Events: | 4:45 PM |
- Teams:** Ashland, Hayward, Ladysmith, Northwestern, Spooner
- Parking:** Busses may unload at the entrance to the complex on the west side of Spooner High School. Busses are encouraged to park in the south end of the parking lot closest to the track (close to practice soccer and football fields).
- Facility:** Rubberized track., 8 lane oval, 9 lanes on straightaway
- Spikes:** ¼" Pyramid Spikes may be used, Shot / Disc are concrete – FLATS ONLY!
- Timing:** Accurace Timing will be our timing service.
- Entries:** Entries will need to be completed on *athletic.net*. Entries are DUE by NOON on April 23.
- Scratches:** All scratches are to be made at the coaches' meeting prior to the meet. **NO ADDITIONS OR CHANGES will be allowed on the day of the meet.**
- Other Information:**
- Long Jump - 4 total jumps cafeteria style with no finals.
 - Only participants and officials are allowed on or inside the track.
 - Team Camps should be set-up outside the main track area.
- Officials:** Dick Nerbun & Thomas Lee
- Concessions:** Full concessions stand will be available
- Contact:**
- | | | |
|--------------|----------------|----------------------------|
| Matt Lucius | (715) 635-2171 | luciusm@spooner.k12.wi.us |
| Josh Tischer | (715) 635-2171 | tischerj@spooner.k12.wi.us |



Spooner Track Meet 2025

ORDER OF EVENTS

Field Events

- Shot put (Girls/Boys)
- Discus (Boys/Girls)
- Pole vault (Girls/Boys)
- High jump (Boys/Girls)
- Long jump (Cafeteria Style/Open Pit) 4 attempts 4:00-6:30
- Triple jump (Cafeteria Style/Open Pit) 4 Attempts 4:00-6:30

Running Events:

All Running events will be timed finals.

There are NO preliminary heats in any running event.

- 3200 Meter Relay (girls)
- 3200 Meter Relay (boys)
- 100 Meter High Hurdles (girls)
- 110 Meter High Hurdles (boys)
- 100 Meter Dash (girls)
- 100 Meter Dash (boys)
- 1600 Meter Run (girls)
- 1600 Meter Run (boys)
- 800 Meter Relay (girls)
- 800 Meter Relay (boys)
- 400 Meter Dash (girls)
- 400 Meter Dash (boys)
- 400 Meter Relay (girls)
- 400 Meter Relay (boys)
- 300 Meter Low Hurdles (girls)
- 300 Meter Intermediate Hurdles (boys)
- 800 Meter Run (girls)
- 800 Meter Run (boys)
- 200 Meter Dash (girls)
- 200 Meter Dash (boys)
- 3200 Meter Run (girls)
- 3200 Meter Run (boys)
- 1600 Meter Relay (girls)
- 1600 Meter Relay (boys)