To: ATHLETIC DIRECTORS AND HEAD TRACK COACHES

From: Ryan Olson, Athletic Director

Subject: Middle School Track Meet in West Salem

Who: Logan, Longfellow, Sparta, West Salem

Date: 4/10/25

Welcome to the West Salem Middle School Track meet held on **April 10th, 2025** at West Salem High School. You should find all the information necessary to answer your questions with this email. We look forward to seeing you on **April 10th** at West Salem High School. **The field events will start at 4:00 sharp or a little earlier if all teams have arrived and are ready to go.** Running events will start at 4:30. Thank you!

You will be able to register for events on accurace timing later tonight.
Athletic.net **Deadline 9th at noon**

There are a few important points for this meet:
- There are unlimited entries in all events except the high jump, but please try to limit the number of kids in the long jump and 100 dash for the sake of time.
- Entry Limitations - An individual may compete in a maximum of four (4) events, but in no more than three (3) running events or three (3) field events.
- Please find the West Salem coaches as soon as you get to the meet to make any changes necessary. The sheets will be located at the track shed.
- Max of 3 per school in the high jump per gender
- All events are final
- There will be 3 attempts in the long jump, triple jump, shot put and discus
- Athletes may use ¼ inch spikes or smaller
- Please tell your athletes about tucking in their shirts and the use of hip numbers.
- Remind your athletes about staying off of the infield.

ORDER OF RUNNING EVENTS

100 METER LOW HURDLES
100 METER DASH
1600 METER RUN
4X200 METER RELAY
400 METER RUN
4X100 METER RELAY
200 METER LOW HURDLES
800 METER RUN
200 METER RUN
4X400 METER RELAY

FIELD EVENTS

LONG JUMP cafeteria style **(boys on one and girls on another)** (starts at 4:00)
TRIPLE JUMP (follows long jump)
SHOT PUT (Boys start at 4:00 **and girls to follow**)
DISCUS (Girls start at 4:00 **and boys to follow**)
High Jump **(girls first followed by boys – if there aren't that many jumpers, we can combine too)**