

OSHKOSH GIRLS HIGH SCHOOL INVITATIONAL INFORMATION

Monday, March 27, 2017
Large Schools (DI)

40th Annual Oshkosh DI Girls High School Invitational
Monday, March 27, 2017

Kolf Sports Center
University of Wisconsin Oshkosh

General Information

1. Tentative time schedule is attached. We will attempt to run the meet as quickly and efficiently as possible. If we get ahead or behind, announcements will be made.
2. When entering the fieldhouse, you may pick up your packets in the MAIN lobby.
3. Coaches, one manager, and athletes will be asked to have hands stamped and will be free to enter the fieldhouse at any time during competition. Coaches are asked to use the bleachers. Athletes are asked NOT to use the bleachers.
4. Please bring your own locks, towels, and batons. We cannot be responsible for stolen or lost articles. Locker room space is limited.
5. The fieldhouse will be available for warm-up at 4:00 p.m. **A coach's scratch meeting will be held at 4:15 p.m. in Kolf room 161.** No substitutions or additions at the meet. **Scratches only are allowed on the day of the meet.**
6. The Track is a 200 meter Polyurethane surface. Eight lanes on the straightaway and six lanes around the curve.
7. **1/4" Pyramid Spikes will be allowed this year. Any athletes caught walking on the infield in their spikes will be disqualified. Please stay off the green tarp with your spikes on! We will be checking spikes at check in for hip numbers. Hip numbers will not be provided without checking spikes.**
8. There will be a spectator admission of \$5 for adults and \$3 for students/children.

SPECIFIC MEET INFORMATION

1. Each school is allowed ONE entry for each individual event and each relay. A school will be allowed 5 additional entries in the individual events. **No more than 3 total entries will be allowed in any individual event.**
2. **Field Events:**
 - A. **In the long jump and triple jump, the preliminaries will be conducted cafeteria style, 4 Jumps, no finals.**
 - B. In the shot put, the preliminaries will be conducted in flights. Top 9 advance to finals.
 - C. Starting height for the high jump will be 4'6". The high jump bar will be raised 2" at a time.

D. Starting height for the pole vault will be 7' The pole vault bar will be raised 6" at a time. Pole vault verification form MUST be turned in before the start of warm ups.

3. **Running Events:**

- A. All running events will be FAT! All runners will wear hip numbers on the left hip.
- B. When each race is called all contestants for that event should assemble with the clerk of course in the area behind the start of the dashes and hurdles. Race instructions will be given at this time. As each heat is called, heat members will then approach the starting line.
- C. In the 400 only a standing start will be used. Nine runners will be in each section: Three in each of three alleys. Fastest sections will be run last.
- D. In the 800 each section will have nine to eleven runners, three to four in each of three alleys. Fastest sections will be run last.
- E. In the distance races, lapped runners should continue in first lane.
- F. In the 800 relay, six teams will run in each section. The first pass must be in lanes, then a sliding exchange will be used. We will run a three turn stagger.
- G. In the 1600 relay, eight teams will run in each section. The first lap will be run in alleys. A sliding exchange will be used.

4. **Awards:**

- A. Medals will be given for the top eight places in individual events and relays.
- B. A first place team trophy will be awarded as soon as possible after the last event.

5. **Entries:**

- A. An entry fee of **\$175.00** should accompany your entry. **Check should be made out to: OSHKOSH WEST HIGH SCHOOL and sent to: OSHKOSH WEST HIGH SCHOOL – ATHLETIC DEPT, ATTN: BRAD, 375 N. EAGLE ST., OSHKOSH, WI 54901.** Late entry fee: If you missed the deadline and require the entry site to be reopened an additional \$150 entry fee (\$325 total entry fee) is required. After heat sheets are set no late entry is allowed.
- B. Entries will be completed online at www.pttiming.com. Click on upcoming events and set up your own log-in account. Entries close at Noon on Saturday, March 26th. Only schools that have returned a contract will be allowed online access.

Due to the difficulty of collecting entry fees, the fee must be paid in advance or brought with you on the day of the meet!

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Tentative Schedule

4:55	Shot Put – Downstairs Gym A & B High Jump – Starting Height 4’6” Long Jump – 5:00 – 6:45 (Outside Pit) Triple Jump – 6:00 – 7:30 (Inside Pit)
5:15	Pole Vault – Starting height 7’
5:30	60 Meter Hurdle Trials
5:55	60 Meter Dash Trials
6:25	800 Meter Relay
6:50	1600 Meter Run
7:20	400 Meter Dash
7:45	60 Meter Hurdle Finals
7:50	60 Meter Dash Finals
7:55	800 Meter Run
8:15	3200 Meter Run
8:45	1600 Meter Relay