

CASHTON INDOOR INVITATIONAL

Saturday, March 25 at the Mitchell Hall fieldhouse on the campus of the University of Wisconsin-La Crosse

Coaches Meeting: 8:30 (listen for a location to be announced)

Field Events: 9:00 (first rotation- see schedule)

Running Events: 9:00 (4x800- see note about schedule change if the relay is contested outdoors)

Schools: Bangor, Blair-Taylor, Cashton, Cochrane-Fountain City, De Soto, GMLOS (MN), Ithaca, Kickapoo/La Farge, Luther, Mercer, Necedah, New Lisbon, North Crawford, Riverdale, Royall, Spencer, Wauzeka-Steuben, Whitehall, and Wonewoc-Center

Officials: Tim Lee, Mark Dahl, and Rick Dobbs

Spikes: 1/8" pyramid spikes are allowed- NO SPIKES IN THE INFIELD

Locker Rooms: Boys #5, Girls #13 Athletes must provide their own lock and towel as needed.

Athletic Trainer: A trainer will be available and stationed off of the second turn.

Awards: Medals for 1st through 3rd
Plaque to each first place team

Admission: \$6 for adults, \$3 for students, under 5 are free (please inform your spectators)

Food: Concessions have been available in the past. Food and drink are not allowed in the fieldhouse.

Entry Limitations: 1) two (2) athletes in each individual running event and in each field event; 2) you may enter three (3) athletes in the 55 meter dash and the 55 meter hurdles; 3) one (1) relay team per relay event.

No exceptions on these limits. This is a large meet and UW-L hosts another meet later in the afternoon, so we have to get out of there at a reasonable time to help them out. Athletes are limited to a maximum of four (4) events.

Entries: You will do your entries on **PT Timing**. Plan ahead and get your roster for the season into their system. You will find this meet under the schedule tab. Make sure you look under All Upcoming Events; this is an awesome meet, but it will not be one of their featured events! Entries will **close at noon on Thursday, March 23**. Do your best to estimate seed times as needed. Contact PT if you have entry related questions. UW-L has had copies of the heat sheets at the coaches meeting, but you might want to print a copy or two to bring with you. The heat sheets will also be available online. **Remember that PT will charge you late fee if you miss the deadline.**

Entry Fee: Please send your entry fee payable to **Cashton High School** before the day of the meet or give it to Coach Mosley on the 25th. **\$200 for both boys and girls, \$100 for just one gender**

Questions: Please contact Jeremy Mosley at Cashton High School: (608) 654-5131 ext. 128 or mosleyj@cashton.k12.wi.us

CASHTON INDOOR INVITATIONAL ORDER OF EVENTS

RUNNING EVENTS STARTING AT 9:00

GIRLS 4X800M RELAY

BOYS 4X800M RELAY

GIRLS 55M HURDLE TRIALS

BOYS 55M HURDLE TRIALS

GIRLS 55M DASH TRIALS

BOYS 55M DASH TRIALS

GIRLS 4X200M RELAY

BOYS 4X200M RELAY

GIRLS 1600M RUN

BOYS 1600M RUN

GIRLS 400M DASH

BOYS 400M DASH

BOYS 55M HURDLE FINAL

GIRLS 55M HURDLE FINAL

GIRLS 55M DASH FINAL

BOYS 55M DASH FINAL

GIRLS 800M RUN

BOYS 800M RUN

GIRLS 200M DASH

BOYS 200M DASH

GIRLS 4X400M RELAY

BOYS 4X400M RELAY

WITH GOOD WEATHER, WE WILL DISCUSS RUNNING THIS OUTSIDE; IF INSIDE, YOU WILL NEED TO HELP COUNT LAPS IF THE 4X800 IS OUTSIDE, THE HURDLE TRIALS WILL BEGIN AT 9:00. PLEASE PREPARE YOUR HURDLERS.

BOYS GO FIRST IN THE HURDLE FINALS TWO HEAT FINALS IN THE 55M HURDLES AND 55M DASH

FIELD EVENT ROTATION- FIRST ROTATION STARTS AT 9:00

FIRST ROTATION

GIRLS HIGH JUMP

BOYS AND GIRLS LONG JUMP (9:00-11:15)- 3 JUMPS

BOYS SHOT PUT- 4 THROWS

BOYS POLE VAULT

SECOND ROTATION

BOYS HIGH JUMP (UPON COMPLETION OF THE GIRLS)

BOYS AND GIRLS TRIPLE JUMP (11:30-1:45)- 3 JUMPS

GIRLS SHOT PUT- 4 THROWS

GIRLS POLE VAULT (UPON COMPLETION OF THE BOYS)

- OPENING HEIGHTS WILL BE DETERMINED AT THE COACHES MEETING
- REMEMBER TO BRING YOUR POLE VAULT VERIFICATION FORMS IF NEEDED