



HAMILTON HIGH SCHOOL

COED VARSITY INVITE
WEDNESDAY, APRIL 18, 2018

LOCATION: Hamilton High School, W220 N6151 Town Line Road, Sussex

TIME: Coaches Meeting 3:30 at the Finish Line
4:00 pm – Field and Running Events

Admission \$5.00 Adults \$4.00 Students

TEAMS: **Boys**--Hamilton, Brookfield Central, Brookfield East, Cedarburg, Franklin, Milwaukee Pulaski, New Berlin Eisenhower, The Prairie School, Waukesha North
Girls--Cedarburg, Franklin, Hamilton, Menomonee Falls, Milwaukee King, Milwaukee Pulaski, New Berlin Eisenhower, Oconomowoc, The Prairie School, Waukesha North

ENTRIES: Three (3) entries per individual event with the exception of the 3200m run, two(2) only. One (1) relay team per relay event. Please keep scratch and replacements to a minimum. No additions.

ENTRY PROCEDURES:

Step 1: Register online at www.pttiming.com/

Step 2: Submit entries by going on www.pttiming.com/ Click on Upcoming Events and find the Hamilton Invitational. **Final entries are due Monday, April 16th 12 Noon.**

*Please include a fair mark for your athlete with the entry. Though it is early in the year, please make a responsible guess.

ADVANCEMENT: All events will be **FINALS**

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself (1/4 inch). No pin or “Christmas tree” spikes please. Also, please do not use athletic tape on track for marks in field events. Chalk will be provided.

SCORING: Standard Scoring. Top eight individuals will score (10-8-6-5-4-3-2-1) and top 7 relays (10-8-6-4-3-2-1). Medals will be given to the top 3 individual and relay finishers.

STARTING HEIGHTS: **Boys**--High Jump 5' 2" and increase by 2" each successive height
Pole Vault will be 9', 10', 11', and then 6" increments thereafter

Girls—High Jump 4'0" and increase by 2" each successive height
Pole Vault will be 7', 8', 9' and then 6" increments thereafter

SHOT PUT/DISCUS: 4 throws (no finals). These two events will run concurrently in three or four flights

POLE VAULT: We will be using the 5 Alive format, **1-1-1**

LONG/TRIPLE JUMP: 4 jumps (no finals). The long and triple jumps will be run concurrently with an “open pit” format. Both pits will be open until 6:15pm. You may only “piggy-back” 1st and 3rd jump.

AWARDS: Top 3 will medal in individual and relay events.

TEAM AREAS: In the field directly East of the track.

RESULTS: www.pttiming.com will have all results at the meet conclusion.

CONCESSIONS: Concessions will be available.



HAMILTON HIGH SCHOOL
COED TRACK INVITE
APRIL 18, 2018

ORDER OF EVENTS
(Girls will run First, Boys Second)

4:00 PM All Running Events

3200 M Relay
110M High Hurdles Finals
100M Dash Finals
1600M Run
800M Relay
400M Dash
400M Relay
300M Intermediate Hurdles
800M Run
200 M Dash
3200M Run
1600M Relay

4:00 PM All Field Events (except Pole Vault-3:45pm)

Shot Put	4 Throws-No Finals(Girls First, Boys Second)
Discus	4 Throws-No Finals(Boys First, Girls Second)
Long Jump	4 Jumps (cafeteria, no finals)—Open Pit
Triple Jump	4 Jumps (cafeteria, no finals)—Open Pit
High Jump	Starting Height: Boys 5' 2" Girls 4'0" 5 alive format; 1-1-1 Boys First, Girls Second
Pole Vault	Starting Heights: Boys 9'0" Girls 7'0" 5 alive format; 1-1-1 Girls First, Boys Second

TRAINER: We will have a Certified Trainer located at the Northwest corner of the track. Near the start of the 100m dash and 110m Hurdles