

## CASHTON INDOOR INVITATIONAL

Saturday, March 23 at the Mitchell Hall fieldhouse on the campus of the University of Wisconsin-La Crosse

<b>Coaches Meeting</b>	8:30 (listen for a location to be announced)
<b>Field Events</b>	9:00 (first rotation- see schedule)
<b>Running Events</b>	9:00 (4x800- see note on back about schedule change if the relay is contested outdoors)

Bangor, Blair-Taylor, Brookwood, Cashton, Cochrane-Fountain City, Hillsboro, Ithaca/Weston, Kickapoo/La Farge, Luther, New Lisbon, North Crawford, Riverdale, Royall, Wauzeka-Steuben, Whitehall, and Wonewoc-Center are scheduled to compete

<b>Officials</b>	Tim Lee, Mark Dahl, and Craig Poshepny
<b>Spikes</b>	$\frac{1}{4}$ " pyramid spikes are allowed- <b>NO SPIKES IN THE INFIELD</b>
<b>Locker Rooms</b>	Boys #5, Girls #13 Athletes must provide their own lock and towel as needed.
<b>Athletic Trainer</b>	A trainer will be available and stationed off of the second turn.
<b>Awards</b>	Medals for 1st through 3rd Plaque to each first place and second place team
<b>Admission</b>	\$6 for adults, \$3 for students, under 5 are free (please inform your spectators)
<b>Food</b>	Concessions will be available. 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 (no more than 3 running or 3 field). ***The top 12 times will advance to the finals in the 55 meter hurdles and the 55 meter dash. Winning a heat is not a guarantee of advancement.***

**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. Entries will **close at noon on Thursday, March 21**. 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 a late fee if you miss the deadline.**

<b>Entry Fee</b>	Please send your entry fee payable to <b>Cashton High School</b> before the day of the meet or give it to Coach Mosley on the 23rd. If you mail your check, please address the envelope to Annie Labus. <b>\$200 for both boys and girls, \$100 for just one gender</b>
<b>Questions</b>	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.  
(TOP 12 TIMES ADVANCE FROM TRIALS TO FINALS)**

**BOYS GO FIRST IN THE HURDLE FINALS**

**TWO HEAT FINALS IN THE 55M HURDLES AND 55M DASH  
(TOP 12 TIMES ADVANCE FROM TRIALS TO FINALS)**

### 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- **5** 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- **5** 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