



CUDAHY High School

Home of the **PACKERS**

Department of Athletics

Clayton Hemphill- Athletic & Activities Director

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Christina Bender- Athletic Secretary

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Cudahy is hosting The 3rd Annual Clark Mitchell Indoor Track Invitational, at Cudahy High School and we are pleased to have your team in attendance. Listed below is information about this year's meet.

- Date & Time:** Wednesday, March 20, 2019
Field events - 4:15 P.M., Running events – 4:45 P.M.
The doors to the field house will open at 3:15 P.M.
- Teams:** Catholic Central(B & G), Cudahy(B & G), Deerfield(B & G), Dominican (B & G), East Troy(B & G),Salam(B & G), St. Anthony (B & G) St. Francis (B & G), Tenor(B & G)
- Coaches Meeting:** There will be a coaches meeting at **3:45 P.M.** in Student Lounge.
- Scratches/
Replacements:** All scratches and replacements are to be made at the Coaches meeting.
- Field Event
Information:** Shot put will have 4 throws-no finals. Opening heights for High jump and Pole vault will be determined by the coaches at the coaches meeting. Long Jump and Triple Jump will have 3 jumps-no finals. ***The long jump and triple jump will run simultaneously.***
- Track/Equipment
Information:** Sprints- 5 lanes, all other events-4 lanes, 11 laps per mile track. Each lap is 163 yards.
- Scoring:** Seven places. **Individual Events:** 10, 8, 6, 4, 3, 2, 1 **Relays:** 10, 8, 6, 4, 3, 2, 1
- Assignments:** We ask **Catholic Central & Deerfield** to run the shot put, **Dominican & Salam** to run the long jump, **East Troy & St. Anthony** to run the triple jump, **St. Francis & Tenor** to run the high jump, and **Cudahy** to run the pole vault.
- Games Committee:** **East Troy** Girls, **Catholic Central** Boys, **St. Francis** Girls, **Dominican** Boys, and the Head Referee.
- Awards:** Medals will be awarded to 1st through 3rd place. A team plaque will be presented at the end of the meet for the top boys and girls teams.



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Entry Information: There will be 2 entries allowed per school in all individual running events, 3 for each field event, and 1 entry in relay events. An individual may enter in a maximum of 4 events, but no more than 3 running, or 3 field events (as per WIAA rules).

PT-Timing: Register Online at www.pttiming.com/. Submit entries by clicking on upcoming events find the 2nd Annual Clark Mitchell Indoor Track Invitational. Final entries are due by Monday March 18th by 11:59AM. **Please have entries in by 11:59AM on Monday March 18th. Teams failing to meet deadline will be charged a \$50 late fee by PT-Timing.**

Admission: Adults- \$4, Students- \$2, Seniors- \$1

— *Concessions will be available for spectators, coaches and contestants.*

Track Events – ORDER OF EVENTS

Field Events – 4:00 P.M.

- Long Jump - 2 hour open pit – four jumps each (*run simultaneously with triple jump*)
- Triple Jump- 2 hour open pit – four jumps each (*run simultaneously with long jump*)
- High Jump – Girls first – bar goes up by 2” increments until 3 jumpers are left. Second attempt must be taken immediately after a first miss.
- Pole Vault – Boys first – bar goes up by 6” increments until 3 vaulters are left. Second attempts must be taken immediately after a first miss. (Please remember to bring signed Weight Verification Sheets)
- Shot Put – Girls first – four throws



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Track Events – 4:45 P.M.

1. Girls Twenty Lap Relay
2. Boys Twenty Lap Relay
3. Girls 55M Dash Semis
4. Boys 55M Dash Semis
- **Ten Minute Break** –
5. Girls 55M High Hurdle Finals
6. Boys 55M High Hurdles Finals
7. Girls 55M Dash Finals
8. Boys 55M Dash Finals
9. Girls Mile Run
10. Boys Mile Run
11. Girls 6 Lap Relay
12. Boys 6 Lap Relay
13. Girls 400M Dash
14. Boys 400M Dash
15. Girls 55M Intermediate Hurdle Finals
16. Boys 55M Intermediate Hurdles Finals
17. Girls 800M Run
18. Boys 800M Run
19. Girls 200M Dash
20. Boys 200M Dash
21. Girls Two Mile Run
22. Boys Two Mile Run
23. Girls 12 Lap Relay
24. Boys 12 Lap Relay