**2020 North Oldham Invitational**

**Thursday, March 26th**

North Oldham will be hosting the North Oldham Invitational again in 2020. The meet will feature an 8-lane rubberized track, FAT, and all field events (including pole vault). Medals will be awarded to the top 3 in each event, and the winning boys and girls teams will receive trophies. Scoring in all events will be 10-8-6-4-2-1.

Schedule of events:

**Unified field events** (beginning at 5:15pm):

Long Jump, Shot Put

**Field events** (Beginning at 5:30pm, jumps and throws will have 4 attempts):

Boys Long Jump (open pit, 5:30-6:30pm), followed by girls

Girls Discus (open pit, 5:30-6:30pm), followed by boys

Girls Triple Jump (open pit, 5:30-6:30pm), followed by boys

Boys Shot Put (open pit, 5:30-6:30pm), followed by girls

Boys High Jump, followed by girls

Girls Pole Vault, followed by boys

**Running Events** (Beginning at 5:30pm, Rolling Schedule, girls followed by boys)

100m/110m Hurdles

OPEN 100m

100m

Unified 2x50m Relay

OPEN 1600m (projected times under 6:30 for boys, 7:45 for girls, please)

1600m

Unified 4x100m Relay

4x100m Relay

Unified 2x200m Relay

400m

300m Hurdles

800m

200m

3200m

4x400m Relay

Limit of 2 individual entries and 1 relay per event. We will offer an Open 100m and 1600m this year, limited to 4 entries per gender in each. The entry fee is $60/team, boys and girls are separate teams. If your team is willing to provide a coach to run a field event for us we would appreciate that, and will deduct $10 from your team fee. Please email Brian Ruggles at bruggles@key-data.net if interested. Entry deadline is Sunday, March 22nd at 8:00pm. There will be a $20 late fee for checks received after the day of the meet.

The meet will be limited to the first 12 boys and girls teams to enter. Entries will be via MileSplit Online Entry **only**. Please email Brian Ruggles at bruggles@key-data.net for the password to enter.

Mail Checks to:

North Oldham HS

c/o Brian Ruggles

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