

CASHTON OUTDOOR INVITATIONAL

Saturday, April 23 at the Cashton Track and Field facility behind the Cashton Elementary School

Coaches Meeting: 9:15 in the multi-purpose room or outside at the finish line

Field Events: 10:00

Running Events: 11:00

Schools: Blair Taylor, Brookwood, DeSoto, Hillsboro, Ithaca/Weston, Kickapoo/La Farge, New Lisbon, North Crawford, Royall, Seneca, Wauzeka-Steuben, Wonewoc-Center

Officials: Tim Lee, Sam Freiberg, and Todd Camlek

Spikes: ½" pyramid spikes are allowed- NO SPIKES INSIDE THE SCHOOL

Athletic Trainer: A trainer will be available near the finish line

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

Food: Concessions available outside the doors to the back of the school

Infield: Closed to athletes, coaches, and spectators (athletes placed in the infield by the clerk or an official are allowed). Check in will be on the infield.

Bus Parking: Please have your bus driver park at the high school after dropping your athletes off.

Entry Limitations: Please utilize the WIAA tournament series entry procedure. You are allowed a total of 28 individual entries and one relay entry per relay event. You can have a maximum of 3 athletes in individual events (do not go over the 28 maximum total). **We do not have pole vault.** All events will be finals only.

Entries: You will do your entries on **MileSplit**. You will find this meet under the Meet Information tab at AccuRace Timing. Entries will **close at 8:00 pm on Friday, April 22**. Contact Clark Jillson at AccuRace Timing if you have entry-related questions. The heat sheets will be available online and we will provide you with copies the day of the meet. AccuRace Timing will be timing and scoring the meet.

Entry Fee: Please send your entry fee (\$150) payable to **Cashton High School** before the day of meet or give it to Coach Lee on the 23rd.

Questions: Please contact Beth Lee at leeb@cashton.k12.wi.us

CASHTON OUTDOOR INVITATIONAL ORDER OF EVENTS

RUNNING EVENTS STARTING AT 11:00- ALL EVENTS ARE FINALS

GIRLS 4X800M RELAY

BOYS 4X800M RELAY

GIRLS 100M HIGH HURDLES

BOYS 110M HIGH HURDLES

GIRLS 100M DASH

BOYS 100M DASH

GIRLS 1600M RUN

BOYS 1600M RUN

GIRLS 4X200M RELAY

BOYS 4X200M RELAY

GIRLS 400M DASH

BOYS 400M DASH

GIRLS 4X100M RELAY

BOYS 4X100M RELAY

GIRLS 300M LOW HURDLES

BOYS 300M INTERMEDIATE HURDLES

GIRLS 800M RUN

BOYS 800M RUN

GIRLS 200M DASH

BOYS 200M DASH

GIRLS 3200 METER RUN

BOYS 3200 METER RUN

GIRLS 4X400M RELAY

BOYS 4X400M RELAY

FIELD EVENT ROTATION STARTING AT 10:00- ALL EVENTS ARE FINALS

FIRST ROTATION

GIRLS HIGH JUMP

GIRLS TRIPLE JUMP (10:00-11:45)- 4 JUMPS

GIRLS SHOT PUT- 4 THROWS

BOYS LONG JUMP (10:00-11:45)- 4 JUMPS

BOYS DISCUS- 4 THROWS

SECOND ROTATION

BOYS HIGH JUMP (UPON COMPLETION OF THE GIRLS)

BOYS TRIPLE JUMP (OPEN FOR WARM-UPS AT 12:15/COMPETITION FROM 12:45-2:30) - 4 JUMPS

BOYS SHOT PUT (FOLLOWING THE GIRLS)- 4 THROWS

GIRLS DISCUS (FOLLOWING THE BOYS)- 4 THROWS

GIRLS LONG JUMP (OPEN FOR WARM-UPS AT 12:15/COMPETITION FROM 12:45-2:30) - 4 JUMPS

AT SHOT PUT AND DISCUS: 45 MINUTE WARM-UP BETWEEN THE FIRST ROTATION AND THE SECOND ROTATION. LAST 20 MINUTES FOR THE FIRST FLIGHT, 15 MINUTES BETWEEN FLIGHT