

# Osceola Invite

## Tuesday, April 26, 2022

### Meet Schedule

**Teams:** Ashland, Hayward, Hudson, Rice Lake, River Falls, St Croix Central, St Croix Falls, and Osceola

**3:15 Coaches meeting @ finish line**

**3:45 Field Events Begin**

High Jump-Girls

Shot Put-Girls

Long Jump - Girls (prelims open until 4:45)

Pole Vault-Boys

Discus-Boys

Triple Jump - Boys (prelims open until 4:45)

\*Boys High Jump, Boys Shot Put, Boys Long Jump, Girls Discus, Girls Triple Jump and Girls Pole Vault will be allowed approx. a 30 minute warm-up following the completion of the first field events.

\*Finalists for the long, triple, shot, and discus will be announced then finals will take place 15 minutes later.

**4:30 Running Events Begin (all events girls then boys except as identified below)**

4x800 Relay

100m Dash prelims

100/110m Hurdles prelims (girls then boys)

**15 minute break**

110/100m Hurdles finals (boys then girls)

100m Dash finals

1600m Run

4x200 Relay

400m Dash

4x100 Relay

300m Hurdles

800m Run

200m Dash

3200m Run

4x400 Relay

**Opening Heights: Will be determined at coaches meeting**

**Jumps/Throws:** 3 throws/jumps in prelims. Top 9 athletes will receive 3 additional attempts in finals.

**Entries:** Teams are allowed:

**\*4 entries per individual track event**

**\*2 entries per relay**

**\*3 entries per jumping event (HJ, PV, LJ, TJ)**

**\*4 entries per throwing event (SP, Disc)**

**\*All entries are due by 4/24 @ 8:00pm.** All entries can be done online at [wi.milesplit.com](http://wi.milesplit.com)

**Exchange Zones:** (1+ coach from each school should be present at the assigned zone)

**800m relay: 1st and 3rd: Osceola and Hayward**

**2nd: Rice Lake and Starters**

**400m relay: 1st: Hudson and Ashland**

**2nd: St. Croix Falls and Osceola**

**3rd: River Falls and St Croix Central**

**Spikes:** ¼ inch spikes on all surfaces. NO SPIKES SHOULD BE USED ON THE TURF.

**Please use tape (not provided) for marking the track/runways**

**Concessions:** Concessions will be available

**Parking:** **\*\*Buses can drop off and park on the road by the softball fields.\*\***

**Team Camps:** NO team camps inside the track. There should be enough room near the fence on the softball field side (SOUTH) of the track. Please put camps close to the fence. Please clean up your team camps upon completion of the meet.

**Clerk of Course:** The meet clerk will be located at the 100-meter starting line.

**Event Fee - \$200.00**

Theresa Ellefson – Head Girls Coach

Rick Stewart—Head Boys Coach

[ellefsont@osceolak12.org](mailto:ellefsont@osceolak12.org)

[stewartr@osceolak12.org](mailto:stewartr@osceolak12.org)

Please respect our facility and share these rules with your coaches and athletes.

### **Track and Turf Rules and Regulations:**

- **No Sunflower seeds**
- **No Chewing Gum**
- **No Chewing Tobacco**
- **No fireworks or open flames**
- **No Spitting**
- **No Glass Bottles or Sharp Objects**
- **No Beverages other than water (if something spills on the field, do not attempt to clean it up - contact an school employee to report a spill)**
- **No Pets or Farm animals Allowed**
- **No Bikes, Skateboards, Scooters, Roller Blades or Other Wheeled Vehicles**
- **No Golfing**
- **No Climbing or Hanging From Goal Posts or Field Equipment**
- **No Spikes or Metal Cleats on the Synthetic Field (Rubber Molded Cleats or Sneakers Only)**
- **1/4" or Shorter Track Spikes Only On the Rubber Track**
- **Freestanding Markers & Field Equipment Only (No Driving Stakes)**
- **Please Use Trash Receptacles**
- **No chairs unless pre approved by maintenance staff.**

### **COVID Considerations**

- Masks are strongly encouraged to be worn outside when athletes and coaches are unable to maintain social distancing.
- If sharing an implement, please disinfect your hands between uses. Sanitizer bottles will be present at each field event, and we strongly encourage athletes to sanitize between attempts.
- Please discourage congregating upon arrival to the field, inside team tents, prior to warm-ups, and immediately following the race/event.
- All athletes and coaches are prohibited from spitting, nose clearing and must cover coughs.
- Osceola School District mandates all individuals that enter the school building must have on a facial covering. If entering one of our buildings please respect our guidelines.

**Thank you**

**Osceola School District**