

# 5<sup>th</sup> Annual Solon Tom Iwan Invitational

Friday, May 8<sup>th</sup>, 2026



**Solon High School:** 33600 Inwood Road, Solon, Ohio 44139

**Bus drop-off and parking:** Buses should drop athletes and equipment off at the northeast, visitors gate. Buses can then park on the west, home side of the stadium (exit parking lot onto Inwood Road, turn left, reenter parking lot by turning left at the next stop sign). Athletes can be picked up on that side at the end of the meet.

**Ticket sales:** Tickets are \$10 for adults and \$8 for seniors and students will be sold at the visitor's gate only (east side of stadium). This will be the only gate open to the public. It is located at the northeast end of the stadium. Cash, credit cards, and debit cards accepted.

**Schedule:** Brief **coaches meeting** at the start/finish line at **3:45 pm**. **Field events** will begin at **4:00 pm**. **Running events** will begin at **5:00 pm**. Estimated conclusion is **8:00 pm**. Running events will operate on a rolling schedule. Coaches should ensure athletes are aware of invitational event order.

**Meet entries:** Due on [oh.milesplit.com](http://oh.milesplit.com) by **8:00 pm on Thursday, May 7, 2025**. Meet entries are password protected. The password is **Solon2026**. Please contact Matt Wieczorek at [matthew.f.wieczorek@gmail.com](mailto:matthew.f.wieczorek@gmail.com) or by cell phone (440) 781.3064 regarding any issues with meet entry or scratch and replace after the window closes.

**Entries per event:** This meet can have different purposes for different teams – setting your postseason roster, fine-tuning relays, giving young athletes a chance to compete in an Invitational setting, going for a team win. Every team has up to 3 entries in all individual running events, 2 entries for all relays, 3 field event entries - except for the pole vault – vault will be limited to 2 entries per school.

**Scratches/substitutions:** Scratches and substitutions can be made before the start of the meet (following coaches meeting) in writing – school, athlete name, grade, event, and mark.

**Clerk/check-in:** Athletes should check-in at the south end bullpen area for all events except for the 300H and the 200M. Athletes will check in at the starting line for those events. Field events check in at the specific field event area.

**Team Camps:** Please use the west (*home*) bleachers for your team camps and reserve the east bleachers (*visitor*) for spectators.

**Warm-up Area:** Athletes may use the infield area to warm-up. The infield is for active warm up only.

**Concessions:** Concessions will be available on both the home (west) and visitor (east) side of the stadium.

**Coaches' hospitality:** Will be available throughout the meet in the visitor's locker room behind the away stands.

## Field Events:

For the **high jump – north end of stadium**, girls (4:00 pm) followed by the boys. Girls' starting height is 4'0, and progression will be determined by High Jump official. Boys' starting height is 5'0, and progression will be determined by the High Jump official. Heights will increase in increments of 3" until the girls have reached 5' and the boys have reached 6', increasing heights will be up to competitor discretion at that point.

For the **pole vault – south end of stadium**, boys (4:00 pm) followed by the girls. Girls' starting height will be 8-0, and progression will be determined by the pole vault official. Boys' starting height will be 9-0, and progression will be determined by the pole vault official.

For the **long jump – south end of stadium**, girls and boys both starting at 4:00 pm. Four total jumps for each athlete, no finals. This format is in place to ensure the meet runs efficiently.

For the **shot put – field behind home (west stands)**, girls (4:00 pm) followed by the boys. For the **discus – field behind home (west stands)**, boys (4:00 pm) followed by the girls. Three throws per athlete. Top nine marks qualify for the finals. Three throws in the finals. All first throws are marked. In order to ensure the meet runs efficiently, after the first throw only marks beyond the following distances will be measured - boys shot 36', boys disc 110', girls shot 25', and girls 70' disc.

**Scoring:** For individual events, the top eight athletes in each event will score. Scoring for individual events will be 10-8-6-5-4-3-2-1. For relays, while schools can enter two relay teams, only one can count toward the team total (we will apply this rule to awards as well). The top six relay teams will score. Scoring for relays will be 10-8-6-4-2.

**Awards:** Team champion and runner-up trophy for both boys and girls, as well as an MVP trophy (*determined by total points scored*) for both boys and girls. Medals will be awarded to all 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers.

**Questions:** We look forward to seeing everyone on May 8<sup>th</sup> in Solon! Stay healthy this spring. Please reach out to Dan Iwan, either via email ([daniwan@solonboe.org](mailto:daniwan@solonboe.org)) or call/text at 440-241-9598 with any questions