

CASHTON OUTDOOR INVITATIONAL

Saturday, April 21 at the Cashton Track and Field facility behind the Cashton Elementary School on HWY 33

Coaches Meeting: 9:15 in the multi-purpose room (old cafeteria)

Field Events: 10:00

Running Events: 11:00

Schools: Abbotsford, Brookwood, Cashton, Hillsboro, Ithaca/Weston, Kickapoo/La Farge, Melrose-Mindoro, New Lisbon, North Crawford, Royall, Wauzeka-Steuben, and Wonewoc-Center

Officials: Tim Lee, Mark Dahl, and Steve Berg

Spikes: 1/8" pyramid spikes are allowed- NO SPIKES INSIDE THE SCHOOL

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

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

Food: Concessions available in the school

Infield: Closed to athletes, coaches, and spectators (athletes placed in the infield by the clerk or an official are allowed)- our discus cage is now out of the infield along with the shot put area, but we would like to keep the infield clear to help with meet management.

Bus Parking: Please drop your athletes off in front of the elementary school or at the west end of the facility near the village park. Have your bus driver park at the high school or at the village park. There is a craft show going on in the elementary school gym. The parking lot will be busy with vehicles of people attending either the meet or the craft show.

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). **Since we do not have pole vault**, you can pick up a couple additional entries. All events will be finals only.

Entries: You will do your entries on **Direct Athletics**. Plan ahead and get your roster for the season into their system. You will find this meet under the Meet Information tab. Entries will **close at noon on Thursday, April 19**. 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 two copies the day of the meet. AccuRace Timing will be timing and scoring the meet.

Entry Fee: Please send your entry fee payable to **Cashton High School** before the day of the meet or give it to Coach Mosley on the 21st. **\$150 is the fee.**

Questions: Please contact Jeremy Mosley at Cashton High School: (608) 654-5131 ext. 128 or mosleyj@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 12:00/COMPETITION FROM 12:30-2:15) - 4 JUMPS

BOYS SHOT PUT (UPON COMPLETION OF THE GIRLS)- 4 THROWS

GIRLS DISCUS (FOLLOWING THE BOYS)- 4 THROWS

GIRLS LONG JUMP (OPEN FOR WARM-UPS AT 12:00/COMPETITION FROM 12:30-2:15) - 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 FLIGHTS