

Super Saturday Invitational  
Cochrane – Fountain City High School  
Saturday, May 7, 2016  
Luke Kjelland  
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**Teams:** Arcadia, Baldwin – Woodville, Blair-Taylor, Durand, Eau Claire Memorial, Eleva-Strum, West Salem, C-FC

**Time:** Coaches meeting will be held at 9:45 am in the press box. Field events will begin at 10:00 am and running events will begin at 10:45 am.

**Entries:** Entries will be done online through Accurace Timing Services. Please follow these instructions. Go to [directathletics.com](http://directathletics.com) to complete your online entries. Entries will close on Thursday, May 5 at 8:00 pm.

**Entries will be limited to 3 entries in each individual event and one relay team.**

**Order of Events:** We will follow the WIAA order of events for regional and sectional tournaments as stated on pages 53 and 54 of the spring season regulations.

Boys Discus Followed by Girls  
Girls Long Jump followed by Boys  
Boys Triple Jump followed by Girls  
Girls Shot Put Followed by Boys  
Boys Pole Vault followed by Girls  
Boys and Girls High Jump will run concurrently with boys being on the red mat

We will run finals in the horizontal jumps and throwing events, the 100/110 Meter hurdles, 100 meter dash and 200 meter dash. The meet will open with the 4 x 800 meter relay, followed by preliminaries in the high hurdles and dashes. There will be a 15 minute break between preliminary running events and the finals of the high hurdles. Athletes will receive three preliminary attempts in the horizontal jumps and throws. We will use the "5 alive" format for both pole vault and high jump, however when 9 or few competitors remain this will be considered our final and all will be grouped into the final flight.

**Facility:** The track is an 8 lane Fisher Track. ¼ inch pyramid spikes may be used on the track, on all runways, and jumping surfaces. **Tape is not allowed on any of the surfaces.** Chalk will be provided for athletes to mark starting points.

**Scoring:** NFHS scoring will be used for a eight (8) team meet. Individual events will be score at a 10-8-6-5-4-3-2-1 basis, scoring the top 6 places. Relay events will be scored 10-8-6-5-4-3-2-1, scoring the 8 places.

**Additional Information:** Admission for this meet will be \$5 for adults and \$3 for students, with under 6 being free. Buses are asked to park around the back side of the school according to the attached map. Concessions will be available for purchase. Please keep team camps outside the track in the designated area next to 100 and hurdle starting line. Athletes should not be warming up in the infield area. Team camps should be set up outside the track next to the 100 and 110 meter starting line. Opening heights and exchange zone judges will be determined at the coaches' meeting.

**Awards:** 1<sup>st</sup> through 3<sup>rd</sup> place medals will be awarded with 4<sup>th</sup> – 8<sup>th</sup> generic medals.