

# NEW FORMAT:

## **John Klement Invitational 2015 Monona Grove High School**

**May 15, 2015  
BOTH BOYS AND GIRLS**

### **Qualifying Standard Entries ONLY**

- **Contract Information**

Contact Monona Grove Athletic Director Jeff Schreiner at [jeff.schreiner@mgschools.net](mailto:jeff.schreiner@mgschools.net) or (608)316-1385

- **Entry Information**

Entries will be done online at:

**DIRECTATHLETICS.COM**

Deadline is: Wednesday, May 13, 2015 at 8:00pm

- ***Questions with Registration website:***

Call Clark Jillson 608-778-1727

Email: [CHVJILLSON@AOL.COM](mailto:CHVJILLSON@AOL.COM)



## Meet Information:

**NOTE REGARDING THE NEW MEET:** Our goal is to be able to continue to offer a high level of competition for athletes as they work on fine-tuning their events as the season gets closer to the WIAA tournament. Because some teams have had to make changes to their schedules around this time of the season, we have decided to go with a different format. The John Klement Invitational will be open to more teams and will have standards for entry so that the meet can offer a high-level experience for everyone and can also be run efficiently by everyone adhering to those standards. Both boys' and girls' teams will compete on Friday night. The meet is open to Wisconsin teams only. All divisions are welcome!

**ENTRY FEE:** **\$150/team or \$30/individual athlete.** Make checks payable to Monona Grove HS.  
 Mail checks to: **Monona Grove HS – Attn: Jeff Schreiner, 4400 Monona Drive, Monona, WI 53716.**  
 Relays count as four individual athletes.  
 \*Entry fee is separate for boys' and girls' teams.

**TIME:** Field Events 4:30 PM  
 Running Events 4:30 PM

**MEET**

**DIRECTOR:** Jeff Schreiner, Athletic Director

**WEBSITE:** [www.directathletics.com](http://www.directathletics.com)

**EVENTS:** The traditional Monona Grove Invitational events will be offered: 100, 200, 400, 600, 800, 1000, 1600, 3200, 100H, 300H, long jump, triple jump, high jump, pole vault, shot put, and discus. Relay events will include the 4x100, 4x200, 4x400, and 4x800.

**ENTRIES:** Each event will be limited to two entries per school which meet the required standard for each individual event. Limit one relay entry per school for each relay event. In long jump, triple jump, shot put, and discus, attempts that land shorter than the standard will not be measured and will be recorded as a "foul" so that we can run the meet more efficiently. High jump and pole vault entry standards will be the starting heights. When entering running times, please be respectful of the standards so that we can be fair to all teams. Please only enter seed times/distances that are already official results for each athlete this season. All times should be FAT. \*For the 600m and 1000m, please use your best judgment. See standards below. See entry directions on later page.

| <u>Event</u>       | <u>Boys' Standard</u> | <u>Girls' Standard</u> |
|--------------------|-----------------------|------------------------|
| <b>Shot Put</b>    | 44'                   | 33'                    |
| <b>Discus</b>      | 120'                  | 100'                   |
| <b>Long Jump</b>   | 20'                   | 15'                    |
| <b>Triple Jump</b> | 40'                   | 32'                    |
| <b>Pole Vault</b>  | 12'                   | 8' 6"                  |
| <b>High Jump</b>   | 5' 10"                | 4' 6"                  |
| <b>100m</b>        | 11.69                 | 13.49                  |
| <b>200m</b>        | 23.99                 | 27.99                  |
| <b>400m</b>        | 53.99                 | 1:04.99                |
| <b>600m</b>        | 1:32.99               | 1:49.99                |
| <b>800m</b>        | 2:04.99               | 2:34.99                |
| <b>1000m</b>       | 2:44.99               | 3:19.99                |
| <b>1600m</b>       | 4:49.99               | 5:49.99                |
| <b>3200m</b>       | 10:29.99              | 12:29.99               |
| <b>110/100m HH</b> | 16.99                 | 17.99                  |
| <b>300m H</b>      | 43.99                 | 49.99                  |
| <b>400m RELAY</b>  | 45.99                 | 53.99                  |
| <b>800m RELAY</b>  | 1:36.99               | 1:52.99                |
| <b>1600m RELAY</b> | 3:39.99               | 4:19.99                |
| <b>3200m RELAY</b> | 8:39.99               | 10:29.99               |

**INFO PICK-UP:** Coaches can pick up information packets as they step off their bus or at the awards tent by the scoreboard upon arrival. Turn in relay cards and scratches to the timer's tent by the finish line by 4:00 PM.

**CONCESSIONS:** Concessions and restrooms will be available at the concession stand.

**EQUIPMENT:** All schools will be responsible for their own equipment – vaulting poles, relay batons, and throwing implements. Starting blocks will be the only equipment furnished by the host team. Shot and discus will be checked at the event site.

**SPIKES:** Shot and discus: rubber-soled shoes are required for the concrete pads. For running events, high jump, pole vault, long & triple jump: ¼" or shorter pyramid spikes will be allowed. NO PIN OR CHRISTMAS TREE SPIKES WILL BE ALLOWED.

**LAP RACES:** All lap races will be staggered around the first turn with the exceptions of the 1600, 1000 and 3200. The 4 x 100 and 4 x 200 relays and the open 400 will be run in lanes the entire distance. In the 4 x 400 meter relay the first runner remains in his lane and the pass must be made in that lane, second runner will remain in assigned lane to break point. In the 4 x 800 meter relay the first turn will be in lanes.

**FIELD EVENTS:** Contestants in the long and triple jump will have 60 minutes of open pit for preliminary attempts. Shot and disc will follow the 1-1-1 format, and athletes will be placed into flights. Each contestant will get three preliminary attempts with the top nine advancing to finals for another three final attempts after a 10-minute break for warm-ups. Athletes must hit a mark at or above the standards requirement in order to get a legal jump in to be eligible for finals. Pole vault and high jump will run according to WIAA rules with the established standards as the starting heights. Standard checkout rules will apply – 15 minutes once your name is called.

**AWARDS:** Top 3 individuals in each event will receive a medal. Awards will be given for 1<sup>st</sup> Place Girls' Team and 1<sup>st</sup> Place Boys' Team. Team awards will be announced at the meet's end. Packets that contain your school's individual athletes' medals will be ready for coaches to pick up at the end of the meet.

**GENERAL:** Running events will be on a rolling schedule. Contestants may dress in the stadium restrooms, as no school facilities will be available. MGHS will not be responsible for any lost or stolen items. Please secure your belongings. Have athletes warm up on the far south side of the track, as the infield is OFF LIMITS. Hip numbers will be required & available for pick up by athletes when they check in with the Clerk of Course for their event.

**TRAINER:** An athletic trainer will be available for athletes during the meet in the awards tent by the scoreboard and finish line.

**TEAM AREA:** Contestants in uniform and officials will be allowed inside the infield. Please ask your athletes to leave the infield when their events are completed. Field event participants are NOT to practice after their event ends. Warm-ups should be done on one of the practice fields adjacent to the track area.

**SPECTATORS:** Admissions for spectators is \$5.00. No passes. Bleacher areas are for all spectators.

**BUS DROP-OFF:** Buses will need to drop off student-athletes and leave the school area until 4:00 PM. Again, there will be a person greeting your bus upon arrival to further explain options for bus parking during the event.

**PARKING:** Buses should park on side streets to allow parking lots for spectators.

**FINAL RESULTS:** Results will be available on the official timing website: [accuracetimeing.com](http://accuracetimeing.com)

**CONTACT:** Athletic Director – Jeff Schreiner – [jeff.schreiner@mgschools.net](mailto:jeff.schreiner@mgschools.net) (608) 316-1385  
Boys' Head Coach – Brian Storms – [brian.storms@mgschools.net](mailto:brian.storms@mgschools.net) (608) 316-1886  
Girls' Head Coach – Sharon Fritz – [sharon.fritz@mgschools.net](mailto:sharon.fritz@mgschools.net) (608) 316-1850

## Schedule of Events:

Because this is the first year hosting this type of meet, the time schedule is approximate. We will do our best to move everything along quickly and efficiently. We will use this year to try to inform a more specific time schedule for next year. Thank you for understanding.

### **Field Events – 4:30 PM**

- Below is a list of field events that both boys and girls will compete in.
  - long jump, triple jump, high jump, pole vault, shot put, discus
- The Girls will begin with the long jump, high jump and shot put
- The Boys will begin with the triple, jump pole vault, discus

Upon completion of this round, there will be a short warm up period (10 to 20 min.). Announcements will be used to alert athletes of warm-up and starting times for the second rotation of events.

### **Running Events – 4:30 PM**

Running events will be on a rolling time schedule

- 100HH/110HH Prelims
- 600m
- 100m Prelims
- 1000m
- 200m Prelims
- 3200m RELAY (4x800m)

--- [10 minute break] ---

- 100HH/110HH
- 100m
- 1600m
- 800m RELAY (4x200m)
- 400m
- 400m RELAY (4x100m)
- 300m Hurdles
- 800m
- 200m
- 3200m
- 1600m RELAY (4x400m)