



2025
Oostburg High School
Track & Field Invite

Teams: Oostburg, Cedar Grove-Belgium, Central Wisconsin Christian, Manitowoc Lutheran, Milwaukee Academy of Science, Ozaukee, Racine Lutheran, Salam, Sheboygan Christian, Tenor/Veritas

Entry Deadline: Meet entries are available at [milesplit](https://milesplit.com). Timing is being done by TrackSide Timing. Entries will close at 8:00 PM on Sunday, April 20th.

Event Limits: A maximum of **26** individual entries are permitted. **There is no pole vault at our facility.** There is a 3-entry maximum per event. Relays will have only one varsity team per relay event. Questions or problems with meet entry please contact David Dolfen.

Track: 8 lane curve, 8 lane straight, rubberized track. Rubberized LJ/TJ/HJ runway. ¼ inch pyramid spikes allowed.

Scoring: Top 8 score in individual events and top 8 in relays. Scoring is 10-8-6-5-4-3-2-1 for both.

Coaches: Coaches' meeting will be in the shed northeast of the track at 3:00 PM. Scratches will be done at this time. Please make sure you arrive at the meet with plenty of time to warm up. Implements must be weighed in by 3:00 at the west end of the shed.

Start Times: 3:30 – All field events Girls – Shot (3 trials – top 9 to finals)
Boys – Discus (3 trials – top 9 to finals)
Boys High Jump followed by girls
Long/Triple Jumps – Open Pit (3 trials – top 9 to finals)

Trials: Boys 110 HH, Girls 100 HH, Boys 100, Girls 100 (heat winner plus next fastest times)
There will be no Trials in the 200.

Long & Triple Jump: Open Pit
Pit assignments will be decided on meet day dependent on conditions.

Preliminaries:	3:30 – 5:00
Finals:	5:15 – 6:15

High Jump: Boys High Jump will be held at 3:30 pm. Girls High Jump will start 30 minutes after the conclusion of the boys. Please notify the event judge if leaving for another event.

Check-In: Track athletes should report to the clerk to check in and receive a hip number at the 2nd call for their event. Hip numbers are to be worn on the left hip only. The clerk will be located at the southeast corner of the track, behind the start of the 100 meters.

Awards: Team Plaques for the Girls team champion, Boys team champion, Boys and Girls combined team champion. Individual Medals for the top three in each individual event and top three relay teams.

Results: Results will be available at wi.milesplit.com

Head Coach/Meet Manager

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Athletic Director

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The games committee will consist of the meet referee, the Boys head coach from Manitowoc Lutheran, the Girls head coach from Ozaukee, and the meet manager.

Exchange Zones: Please provide one exchange zone judge for the sprint relays.

400m Relay

1st exchange Ozaukee and Milwaukee Academy of Science

2nd exchange Salam and Cedar Grove-Belgium

3rd exchange Sheboygan Christian and Manitowoc Lutheran

800m Relay

1st & 3rd exchange - Tenor/Veritas and Racine Lutheran

Facilities: Concessions are available. Bathrooms are available at the concession stand. There is no locker room availability.

Warm-Ups: Athletes may warm up no earlier than 2:30 PM on the track. No throwing or jump practice unless the event judge or a coach is in attendance. Athletes may not run backwards on the long and triple jump runways.

Team Camps: Team camps should be in the grassy area behind the press box. Please leave the bleacher area for spectators.

Competition area: Only competing athletes and coaches will be allowed at the high jump area. Long Jump/Triple Jump coaches should stay well back from the runway and away from meet workers. There will be announcements made to athletes to exit the infield area.

Schedule of Events:

3:00 Coaches' Meeting
3:30 Field Events begin – Girls Shot, Boys Discus, Boys High Jump, Open Pit Jumps
3:45 Girls 3200 Meter Relay
Boys 3200 Meter Relay
4:15 Boys 110m High Hurdles Trials
Girls 100m High Hurdles Trials
Boys 100m Dash Trials
Girls 100m Dash Trials

15 Minute Break

Girls 100m High Hurdles Finals
Boys 110m High Hurdles Finals
Girls 100m Dash Finals
Boys 100m Dash Finals
Girls 1600m Run Finals
Boys 1600m Run Finals
Girls 800m (4x200) Relay Finals
Boys 800m (4x200) Relay Finals
Girls 400m Dash Finals
Boys 400m Dash Finals
Girls 400m (4x100) Relay Finals
Boys 400m (4x100) Relay Finals
Girls 300m Low Hurdle Finals
Boys 300m Intermediate Hurdle Finals
Girls 800m Run Finals
Boys 800m Run Finals
Girls 200m Dash Timed Finals
Boys 200m Dash Timed Finals
Girls 3200m Run Finals
Boys 3200m Run Finals
Girls 1600m (4x400) Relay Finals
Boys 1600m (4x400) Relay Finals