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| <b>MEET:</b>           | <b>Ashton May Invitational</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>SITE:</b>           | <b>UW-La Crosse – Veterans Memorial Field Sports Complex</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>DATE:</b>           | <b>Saturday, April 9<sup>th</sup>, 2016 – 11am</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>TEAMS:</b>          | <b>Open Meet</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Online Entries:</b> | Entries must be submitted on line at: <a href="http://www.pttiming.com">http://www.pttiming.com</a><br><u>Entries Open:</u> 12:00am on Sunday, April 3 <sup>rd</sup><br><u>Entries Close:</u> 12:00pm on Wednesday, April 6 <sup>th</sup>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Entry Limits:</b>   | Unlimited                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Schedule:</b>       | A tentative schedule is enclosed. A finalized schedule will be distributed once heats/flight numbers are established following the entry process.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Entry Fee:</b>      | \$10 per individual, \$20 per relay team OR Maximum of \$150.00 per team. All entry fees must be paid when Coaches check in at the clerking table on the 50 yard line.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Check-in:</b>       | Coaches please check-in at the clerking table on the 50 yard line.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Heat Sheets:</b>    | Heat Sheets will be posted at: <a href="http://www.pttiming.com">http://www.pttiming.com</a> by 9:00pm Wednesday, April 6 <sup>th</sup> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Results:</b>        | Results will be posted following the meet at <a href="http://www.pttiming.com">http://www.pttiming.com</a> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Clerking:</b>       | <b>All races will be clerked at the north end of the facility near the starting line.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Rules:</b>          | 2016 NCAA Rules will be in effect for the meet                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Track:</b>          | The Veterans Memorial Field and Sports Complex outdoor track has 10 lanes. All jumps and running events will be contested on a Beynon BSS 1000 Embedded Performance Surface. ¼ inch pyramid or tree spikes will be allowed on all rubberized surfaces. The throwing rings are cement. Javelin will be thrown on a grass surface.                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Timing:</b>         | PrimeTime Timing will provide FinishLynx timing system as the primary timing device.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Scoring:</b>        | This meet will be scored (10,8,6,5,4,3,2,1) and (one scoring relay only). Only attached athletes will be scored.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Parking:</b>        | Parking is available in the sports complex parking lot C-2 for vans and cars.<br>BUS PARKING will be on Farwell Street across from University Police.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Lockers:</b>        | Locker room #5 for men and #13 for women are located on the lower level of Mitchell Hall and are unsecured. Bring your own towels and locks.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Weigh-Ins:</b>      | Weigh-in and certification of implements will take place from <b>from 10:00am-12:00pm on Saturday</b> under the Stadium. Please enter south end and proceed to center of complex.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Trainers:</b>       | UW-La Crosse will provide Certified Athletic Trainers for the meet. The main athletic training room is located on the lower level of Mitchell Hall. A satellite training room will be available under the stadium on the south end of the facility.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <b>Questions:</b>      | <table> <tr> <td><b>Contact:</b></td><td></td><td></td><td></td></tr> <tr> <td><i>Katie Ehlen</i></td><td><i>Events Coordinator</i></td><td><i>608-785-8615</i></td><td><i><a href="mailto:kehlen@uwlax.edu">kehlen@uwlax.edu</a></i></td></tr> <tr> <td><i>Josh Buchholtz</i></td><td><i>Men's T&amp;F</i></td><td><i>608-785-8622</i></td><td><i><a href="mailto:jbuchholtz@uwlax.edu">jbuchholtz@uwlax.edu</a></i></td></tr> <tr> <td><i>Pat Healy</i></td><td><i>Women's T&amp;F</i></td><td><i>608-785-6531</i></td><td><i><a href="mailto:phealy@uwlax.edu">phealy@uwlax.edu</a></i></td></tr> <tr> <td><i>Dave Johnson</i></td><td><i>Sports Information</i></td><td><i>608-785-8493</i></td><td><i><a href="mailto:djohnson@uwlax.edu">djohnson@uwlax.edu</a></i></td></tr> </table> |                     |                                                                       | <b>Contact:</b> |  |  |  | <i>Katie Ehlen</i> | <i>Events Coordinator</i> | <i>608-785-8615</i> | <i><a href="mailto:kehlen@uwlax.edu">kehlen@uwlax.edu</a></i> | <i>Josh Buchholtz</i> | <i>Men's T&amp;F</i> | <i>608-785-8622</i> | <i><a href="mailto:jbuchholtz@uwlax.edu">jbuchholtz@uwlax.edu</a></i> | <i>Pat Healy</i> | <i>Women's T&amp;F</i> | <i>608-785-6531</i> | <i><a href="mailto:phealy@uwlax.edu">phealy@uwlax.edu</a></i> | <i>Dave Johnson</i> | <i>Sports Information</i> | <i>608-785-8493</i> | <i><a href="mailto:djohnson@uwlax.edu">djohnson@uwlax.edu</a></i> |
| <b>Contact:</b>        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                     |                                                                       |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <i>Katie Ehlen</i>     | <i>Events Coordinator</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <i>608-785-8615</i> | <i><a href="mailto:kehlen@uwlax.edu">kehlen@uwlax.edu</a></i>         |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <i>Josh Buchholtz</i>  | <i>Men's T&amp;F</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <i>608-785-8622</i> | <i><a href="mailto:jbuchholtz@uwlax.edu">jbuchholtz@uwlax.edu</a></i> |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <i>Pat Healy</i>       | <i>Women's T&amp;F</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <i>608-785-6531</i> | <i><a href="mailto:phealy@uwlax.edu">phealy@uwlax.edu</a></i>         |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |
| <i>Dave Johnson</i>    | <i>Sports Information</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <i>608-785-8493</i> | <i><a href="mailto:djohnson@uwlax.edu">djohnson@uwlax.edu</a></i>     |                 |  |  |  |                    |                           |                     |                                                               |                       |                      |                     |                                                                       |                  |                        |                     |                                                               |                     |                           |                     |                                                                   |

# Ashton May Invitational

Saturday, April 9<sup>th</sup>, 2016

## FIELD EVENTS:

**11:00am** High Jump (W)  
Long Jump (M & W)  
Pole Vault (W)  
Javelin Throw (M)  
**1:00pm** High Jump (M)  
Pole Vault (M)  
Javelin Throw (W)  
Triple Jump (M & W)

## THROWS EVENTS:

**11:00am** Hammer Throw (W)-North Ring  
Discus Throw (M)-South Ring  
**TBD** Discus Throw (W)-Venue *tbd*  
*\*venue for women's discus will be assigned following the completion of the women's hammer throw*  
Shot Put (M)-South Ring  
**TBD** Hammer Throw (M)-North Ring  
Shot Put (W)-North Ring

## TRACK EVENTS:

1. Ashton May announcement
2. Moment of Silence
3. National Anthem
4. NCAA/WIAC Code

\*\*\*All field events- top section will go **LAST**  
\*\*\*All running events – fast section will go **FIRST**

If you do not declare  
for 400M, 400H, 200M  
and the 4x400 Relay  
by designated times  
**YOU WILL BE  
SCRATCHED!**

### **NO EXCEPTIONS**

Athletes must check-in  
after designated time to  
receive hip numbers

**10:50a** Moment of Silence & National Anthem

**11:00a** 100 Hurdles Prelim (W)  
110 High Hurdles Prelim (M)  
100 Meter Prelim (W)  
100 Meter Prelim (M)  
**3000 Steeplechase (W)**  
3000 Steeplechase (M)  
4 x 100 Relay (W)  
4 x 100 Relay (M)  
1500 Meter (W)  
1500 Meter (M)  
110 High Hurdles Final (M)  
100 Hurdles Final (W)  
**400 Meter (W)**  
400 Meter (M)  
100 Meter Final (W)  
100 Meter Final (M)  
**800 Meter (W)**  
800 Meter (M)  
400 Hurdles (W)  
400 Hurdles (M)  
200 Meter (W)  
200 Meter (M)  
5000 Meter (W)  
**5000 Meter (M)**  
4 x 400 Relay (W)  
4 x 400 Relay (M)

All 400M declarations  
must be completed  
before start of  
Women's 3000M  
Steeplechase

All 400H declarations  
must be completed  
before start of  
Women's 400M

All 200M declarations  
must be completed  
before start of  
Women's 400M

All 4x400 Relay  
declarations must be  
completed before start  
of Men's 5000M

## Directions To UW-La Crosse:

**From the West:** Exit Interstate I-90 at Onalaska Highway 157 (Exit 4). Turn right on Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

**From the North:** Highways 61 on the Minnesota side of the Mississippi and 53 on the Wisconsin side join Interstate I-90.

If traveling south on Highway 61, go east on I-90 to Highway 157 (Exit 4). Turn right onto Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

If traveling south on Highway 53 (go over I-90 at Exit 4). Follow Highway 157 to Highway 16. Turn right on Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

**From the East:** Travelers heading west to La Crosse on Interstate I-90 exit at Onalaska-La Crosse Highway 16 (Exit 5). Turn left onto Highway 16. Drive 4.8 miles and right on La Crosse Street and then left on East Avenue to campus.

**From the South:** Highway 14, 61, and 35 enter the city on the South. Follow the green "UW-La Crosse" signs north on Losey Boulevard to Highway 16 (3.0 miles). Turn left on La Crosse Street and then left on East Avenue to campus.



**Mitchell Hall is Building #26 and the Veteran's Memorial Field and Sports Complex (Track and Field Venue) is #31 on this map.**