

Gil Frank Invitational

Gil Frank Track at Papermaker Stadium
April 28, 2017

We are happy to host the 39th Annual Gil Frank Invitational Track Meet. The following schools have accepted invitations to compete: Fox Valley Lutheran, Green Bay Southwest, Little Chute, Kaukauna, Winneconne, Notre Dame, Appleton Xavier, Green Bay Preble, Waupaca, West De Pere and Kimberly.

Makeup date for the meet will be Saturday, April 29th. The meet will be timed and field events recorded by PT Timing. Entries are due at <http://www.pttiming.com> by Noon on April 26th. Posting will be opened at noon on April 18th and run until April 26th at Noon. There will be a coaches meeting at 3:45pm before the meet for scratches, opening heights for both the Pole Vault & High Jump.

Long Jump & Triple Jump:

Girls will long jump, boy's Triple jump first. They will then flip flop after finals. Three jumps in trials for the Long Jump & Triple Jump. Top nine from prelims will qualify for finals. All trials in the girls Long Jump & boys Triple Jump will need to be completed by 5:30 pm. Finals will begin at 5:45pm. Two runways will be open, one for Long Jump and one for Triple Jump. Girls Triple Jump and Boys Long Jump are projected to start around 6:15pm.

Shot Put & Discus:

Boys will throw Discus first, Girls Shot Put first.

Here are a few reminders and suggestions:

- The location of our track is JRG Middle School.
- The Kimberly track is rubber surfaced. All runners will be allowed to compete with 1/8 inch spikes.
- We will have no locker room space. Dress at your home school.
- Please use the WIAA 28 entry rule with one relay per school.
- An individual may compete in a total of four (4) events as is indicated by WIAA rules.
- It will not be necessary to bring starting blocks, but be sure to bring your own batons, shot and discus.
- No Tents or camps on INFIELD and No Tent over by the Pole Vault
- Eight places will be awarded in each event. Points will be 10-8-6-5-4-3-2-1. Medals will be given to the top four places in each event, including relays.
- We will use WIAA rules to break ties.
- Refreshments and food will be available throughout the meet.
- We will run a Weightmans 4x100 relay. No team points will be awarded in this event, but there will be medals for the first place team.

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TIME SCHEDULE

4:00 pm	All field events to completion (Boys Discus & Pole Vault first, Girls Shot Put & High Jump first)
4:00 pm	3200 M Relay (one section)
4:15 pm	100 M Dash trials (winner of each heat + next best times to fill finals)
4:30 pm	110/100M High Hurdles trials (winner of each heat + next best times to fill finals) Boys High Hurdles first, only time boys will run before girls
4:45 pm	Break
5:00 pm	100M/110M High Hurdle finals
5:20 pm	100 M Dash finals
5:30 pm	1600 M Run (one section)
5:50 pm	800 M Relay (two section)
6:00 pm	400 M Dash (two sections)
6:20 pm	400 M Relay (two section)
6:35 pm	300 M Intermediate Hurdles (two sections)
7:00 pm	800 M Run (one section)
7:20 pm	200 M Dash Finals
7:40 pm	3200 M Run (one section)
8:00 pm	400 M Weight persons Relay
8:10 pm	1600 M relay (one section)

Trials will be run on time. Finals may be run ahead of schedule.