

**2023 UW-Eau Claire
Eau Claire North Varsity High School Invitational
Indoor Track & Field Meet Friday March 31**

- Entry Fee:** \$200 per team or \$100 per gender. Entry fees paid to host high school.
- Awards:** T-shirts to event winners
- Facility:** 200 Meter Mondo Super X track and field event surfaces. Throws circles are constructed out of wood. **No food or drinks are allowed in the track area (except water). Team camps will be in the hallways and racquetball courts on the lower level.** Locker rooms will be available in the McPhee athletic building. No locks or towels will be provided.
- Spikes:** 1/4" pyramid spikes only on blue/grey surfaces. Not in hallways or racquetball courts.
- Timing:** Fully automatic timing with finish lynx
- Results:** Available immediately after the competition www.pttiming.com
- Scoring:** Top 8 competitors and relays will score: 10-8-6-5-4-3-2-1
- Entries:** Entries will be done on-line at www.pttiming.com starting 1 week before competition date and will close at noon, two days before your meet. Please follow directions on PT Timing website for entry procedures.
Each team is allowed 3 athletes per event, 1 relay per event.
- Scratches:** All scratches are to be made at the coaches meeting prior to the meet. **No additions the day of the meet.**
- Throws:** Each athlete will receive 3 throws, with top 9 advancing to finals where they will get an additional 3 throws.
- Jumps:** Long and Triple-4 jumps total cafeteria style with no finals.
- Pole Vault:
High Jump** Opening height will be determined at the coaches meeting prior to the start of the meet.
- Admission:** Adults - \$5 Students - \$2 Under 5 free
- Concessions:** Will be available in the McPhee lower hall. All food and beverages are to be consumed in McPhee.
- Parking:** Buses may unload in front of Olson and proceed to the South CVTC parking lot across Clairemont Ave where all parking (including specators is free). Parking is also available at the CVTC pay lot for \$.75 per hour.

UW Eau Claire Indoor Order of Events

4:00PM

Shot Put - Boys followed by Girls

High Jump - Girls followed by Boys

Pole Vault - Girls followed by Boys

Long Jump - Open Pit from 4:00 p.m. to 6:00 p.m. (4 jumps, no finals)

Triple Jump - Open Pit from 6:30 p.m. to 8:00 p.m. (4 jumps, no finals)

4:15PM Girls First In All Running Events

3200 Meter Relay (4X800)

55 Meter High Hurdles (Trials)

55 Meter Dash (Trials)

1600 Meter Run

800 Meter Relay (4X200)

400 Meter Dash

55 Meter High Hurdles (Finals) – Boys Finals First

55 Meter Dash (Finals)

800 Meter Run

200 Meter Dash

3200 Meter Run

1600 Meter Relay (4X400)

All events will be runs as finals and all events will be contested indoors.