

2023 CARDINAL INVITATIONAL

DATE: Tuesday, April 18, 2023

SITE: Eleva Strum Central High School

TIME: 3:50P Coaches meeting
4:00P Pole Vault – girls/boys combined starting height TBD at coaches meeting
4:15P Remaining field events and 4x800 Relay
4:30P Track events (no trials)

ENTRIES: Three athletes per RUNNING and FIELD events, one relay team.

WIAA 4 event limit enforced (no more than 3 field or 3 running)

***New this season, Co-ed relays. 4x800,4x200,4x100,4x400. These will count as an entry, will be timed but not scored.
Each relay will be added after the boys in the regular order of events.

Deadline to post entries NOON Sunday, April 16 on:

<https://wi.milesplit.com/meets/518722/registration>

SCORING: 10 8 6 5 4 3 2 1
Medals for first and second place
Trophies for first place, boys and girls teams

EQUIPMENT: Blocks will be provided. ¼" spikes allowed on all-weather surface

FIELD EVENTS: 3 Vertical Jumps, 3 Throws, no finals
Long/Triple Jump Cafeteria style (pit open from 4:15-6:15P)
Boys – Discus first
Girls – High Jump and Shot first

ADMISSION: \$3 for Adults, \$1 for students

CONCESSIONS: Available throughout the meet.

TEAMS: Altoona, Augusta, Alma Center Lincoln, CV Lightening, EC Immanuel, Fall Creek, Gilman, Independence-Gilmanton, Granton, Osseo-Fairchild, and Eleva-Strum

QUESTIONS: Nadine Rovang, Head Coach
Phone: 715-579-5691
Email: rovangn@esschools.k12,wi.us