

OSHKOSH BOYS AND GIRLS FROSH/SOPH INVITATIONAL INFORMATION

Thursday March 21st, 2024

**30th Annual Oshkosh Boys and Girls FROSH/SOPH
Indoor Track and Field Meet
Thursday March 21st, 2024**

**Kolf Sports Center
University of Wisconsin Oshkosh**

General Information

- 1. There will be a spectator admission of \$5 for adults and \$3 for students/children. CASH ONLY**
- 2. OSHKOSH INVITE T-SHIRTS** will be for sale. **\$20 CASH ONLY**
3. Tentative time schedule is attached. We will attempt to run the meet as quickly and efficiently as possible. If we get ahead or behind, announcements will be made.
4. Coaches are asked to use the bleachers. Athletes are asked NOT to use the bleachers.
5. Please bring your own locks, towels and batons. We cannot be responsible for lost or stolen items. Locker room space is limited.
6. The fieldhouse will be available for warm-up at 4:00 p.m. **A coach's scratch meeting will be held at 4:15 p.m. in Kolf - Room 161.** No substitutions or additions at the meet. **Scratches are only allowed on the day of the meet.**
7. ¼" Pyramid Spikes will be allowed this year. Any athletes caught walking on the infield (green tarp) in their spikes will be disqualified. We will be checking spikes at check in for hip numbers. Hip numbers will not be provided without checking spikes.
8. Your cooperation is asked in keeping your athletes away from the area immediately around the finish line.
9. Teams will be classified according to WIAA status.
10. All entries are done online at www.pttimg.com. There are no faxed entries by phone.

SPECIFIC MEET INFORMATION

1. Individual events are limited to 3 entries per event, except for the 3200m and 60m. The limit for the 3200m will be 2 entries per gender, per school while the **60m dash will be 5 ENTRIES per gender, per school**. ONE RELAY PER GENDER/SCHOOL as well.
2. Athletes of every division will compete together and will be scored together.
3. The top 8 finishers (regardless of division) will receive team points (10-8-6-5-4-3-2-1). Individual awards will be **wristbands** given to the **top 3** in each event. Event Champions will receive gold bands, 2nd and 3rd will receive black wristbands. The overall team champion for the boys and the girls will receive a plaque.

FIELD EVENTS

1. Boys will LONG JUMP on the outside runway. Girls will LONG JUMP on the inside runway. In the **long jump**, boys jumpers have the choice of a 12' or 15' board (outside runway). Girls will have a 10' LJ board. After the completion of both long jump competitions, the **TRIPLE JUMP** competition for both the boys and the girls will take place simultaneously on the inside runway. Boards will be available at 20', 24', 28', and 32' for competitors. Both the long jump and triple jump will be conducted cafeteria style. A strict time schedule for the opening and closing of the pit will be announced at the scratch meeting and will be enforced. All athletes will receive four jumps, no finals. Long jump for both genders starts at 4:45pm!
2. In the **shot put**, the preliminaries will be conducted in flights. Boys and Girls will be split with their own rings, finals, and placing. There will be a warm-up before each flight. Top 9 advance to finals for D1/D2/D3 combined for an ALL DIVISION final. (not 9 from each division getting their own final). Finals will be taken in reverse order of standings after trials.
3. Starting height for the pole vault and high jump will be: Modified starting.
 - a. HJ - 4'8", raised every 2 inches
 - b. PV - 7', raised every 6 inchesIn the high jump, the bar will be raised 2" at a time, and in the pole vault, the bar will be raised 6" at a time, until six or fewer contestants remain. Then, if any one contestant requests it, a 1" raise will be granted in the HJ, and a 3" raise in the PV. At the first two heights jumpers will be allowed one jump only. The three consecutive miss rule still applies.
4. The high jump is contested on a mondo like surface, spikes are allowed.
5. **Pole Vault:** A copy of the Pole Vaulters Weight Verification Form must be presented for each vaulter. Each team is preferred to provide a backup crossbar in case of breakage.

RUNNING EVENTS

1. In any running event, the first false start will result in DISQUALIFICATION.
2. All athletes will need to check in at the table located in front of the doors at the end of the finish line. You will need to check your spikes - ¼" PYRAMID SPIKES ONLY. You will receive your hip number after you have checked your spikes.
3. When each race is called, all contestants for that event should assemble with the clerk of course in the area behind the start of the dashes and hurdles. Race instructions will be given at this time. As each heat is called, heat members will then approach the starting line. Instructions will not be repeated at the starting line.
4. The 60M and 60H uses an FAT system. Top 8 times in ALL Divisions in the preliminaries will advance to the finals. Example, there will NOT be a separate D1, D2, and D3 final. **All other running events will have D2 and D3 athletes run together.**
5. 400m Dash - Only a standing start will be used. All 6 lanes used, 1 athlete per lane. Fastest sections will run last.
6. Distance Races - Lapped runners should continue in the first lane. **All schools must supply lap counters for their team!**
 - a. 800m Relay - Six teams will run in each section; the first pass must be done in lanes, then a sliding exchange will be used. Three turn stagger.
 - b. 1600m Relay - The first lap will be run in lanes or alleys, only standing start will be used. A sliding exchange will be used.

TIMING

1. All races will be fully automatic timing. We will post times for teams and fans to see.

ENTRIES

1. Entry fee is one hundred seventy five dollars (\$250.00). This must be sent prior to the meet. See below for information for where to send and how to make out the check.
2. All entries are done online by going to www.pttiming.com. Click on upcoming events and set up your own login.
3. **Entry deadlines:**
 - a. Frosh/Soph - Noon on Tuesday, March 19
4. Late entry fee: If you miss the deadline and require the entry site to be reopened, this will result in a \$100 additional entry fee (\$350 total). After the heat sheets have been completed, no late entry is allowed.
5. Heat sheets will be posted online and will not be available to each coach at the meet. We will however, continue to post public heat sheets for everyone at the meet.
6. Results will be available online.

Frosh/Soph, Division I Meet , and Division II/III Meet - Send entry to:

Justin Kinseth or Sylviann Momont (either name is fine)
800 Algoma Blvd.
Kolf Sports Center
UW Oshkosh

Oshkosh, WI 54901

Checks payable to: **UW-Oshkosh Track & Field** (IN MEMO LINE WRITE **Track and Field**)

**OSHKOSH BOYS AND GIRLS
FROSH/SOPH
INVITATIONAL**

Schedule

TENTATIVE ORDER OF EVENTS (events and times are subject to change, will update accordingly)

There will be an updated time schedule once heat sheets are updated. We will not start the 800 meter relay until 6:30 to allow for the long jump to run smoothly.

Girls will run first in all events (besides 60H finals)

4:45 p.m. Field Events - Long Jump (both genders), High Jump (boys first), Pole Vault (girls first) , Shot Put (both genders).

Triple Jumps tentatively starts at 5:45 p.m.

4:30 p.m. 60 Meter High Hurdles Trials (G then B)

Top 8 times to go finals for each division

4:55 p.m. 60 Meter Dash Trials

Top 8 times to go finals

5:50 p.m. 3200 Meter Run - Slow Section

6:30 p.m. 4x200 Meter Relay - We will not go ahead of this time

6:55 p.m. 1600 Meter Run

7:15 p.m. 400 Meter Dash- Run in lanes, no blocks allowed

7:35 p.m. 60 Meter High Hurdles Final (B then G)

7:40 p.m. 60 Meter Dash Final

7:45 p.m. 800 Meter Run

8:00 p.m. 3200 Meter Run- Fast Section

8:35 p.m. 1600 Meter Relay