

2024 CARDINAL INVITATIONAL

DATE: Tuesday, April 16, 2024

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 14** 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

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

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