

CARDINAL INVITE – May 1, 2025

Participating Schools: Brookwood, Hillsboro, Mauston, Necedah, Royall, Wonevot Center

Registration: Please use wi.milesplit.com for your registration. Remember that you can only enter an athlete in 4 events and no more than three running or three field. Each team will be limited to a maximum of 26 individual entries and one relay team per relay race. There is a maximum of three in any individual event. Include seed times. Without those times your athletes will not be given the benefit of seeding.

Awards: First place plaque will be awarded for both boys and girls teams. Medals will be available for the top three individuals in each event and the relays.

Deadlines: Entries by NOON April 30 **Scratches only** on the day of the meet!

Track rules:

1. Coaches meeting will start promptly at 3:30 in the press box. Once the meeting is over, no coaches allowed in the press box. Results will be issued electronically.
2. Only 1/4th inch spikes allowed and no tape on the runways or track, chalk is allowed.
3. Athletes will only be allowed on the infield if they are competing in the high jump or if they are checked in for a running event with the clerk of course and he/she has placed the athlete in the in-field.
4. Our goal is to expedite the meet as efficiently as possible.
5. **Field events will begin at 4:00.**
6. **Running events will begin at 4:30.** (3200 M Relay boys and girls)
7. Please remind athletes to listen for their events. We will not hold an event for a late arriving participant.
8. Events will be combined boys and girls when possible.
9. NO pole-vault will be conducted.
10. Order of field events:

Boys discus (4 throws, no finals), then girls
Girls shot (4 throws, no finals), then boys

Boys and girls long jump (90 min. open pit, cafeteria style, 4 jumps, no finals)

Boys and girls triple jump (90 min. open pit, cafeteria style, 4 jumps, no finals)

Girls high jump
Boys high jump (immediately following boys competition)

Miscellaneous

All athletes who are not competing in the high jump must stay off the football infield. Coaches may time from the infield.

Jury of Appeals: Starter, Field Judge, Meet Manager, Necedah head coach, Mauston girls coach

A concession stand will be available.

Coaches will be requested to judge relay exchange zones. The following coaches need to cover the following exchange zones:

800 relay

1st exchange/3rd exchange: Mauston/Brookwood

400 relay

1st exchange: Hillsboro

2nd exchange: Royall

3rd exchange: Wonewoc Center

Please send or bring the entry fee with you: **\$225**

Please call if you have any questions!