

Rosholt-Webko-Politos Invite

Thursday, April 3rd, 2025

- Eligibility:** Open to division three high schools in Wisconsin and other select schools
- Entry Fee:** Entry Fee is **\$125.00 per team/ \$250.00** for both boys and girls teams, or **\$15.00** per individual. Make check payable to **UW-Stevens Point Track & Field 2050 4th Ave, Stevens Point, WI 54481**
- Entries:** **All entries will be submitted online.** To enter go to: www.wi.milesplit.com
- Please follow the directions and make sure you print out a hard copy for your records after you have submitted your entries. **Two** entrants in each individual event and **one** relay team per event. You may also use up to **three** wildcard entries to add additional athletes into individual events. An athlete is able to participate in a maximum of **four events** one of which **must** be a field event. No additions, changes, or substitutions will be allowed on meet day.
- Online entry begins at 8:00 am on Sunday, March 30th**
- Entries close at 11:59 am on Wednesday, April 2nd**
- Results:** Live results, running and field, will be available on accuracetime.com
- Awards:** The top 3 athletes in every event and the top 2 teams will receive T-shirts.
- Info Pickup:** Please pick up your meet information packet, pay entry fee, and make scratches at the finish line upon arrival.
- Track:** The track is 200 meters unbanked Mondo FXT. **¼" exposed Pyramid Spikes only. No pin spikes are allowed. Spikes will be checked by the clerks.**
- Long Jump:** Distance from board to sand is 8 feet. 140 feet of approach on outside of the track. Number of jumps offered will be determined after entries close to try and ensure jumping events are done approximately the same time as running events.
- Triple Jump:** There are 4 boards with distances from the pit being 28, 32, 36, 40 feet. Unlimited approach. Number of jumps offered will be determined after entries close to try and ensure jumping events are done approximately the same time as running events.
- High Jump/Pole Vault:** On track infield. Unlimited approach, **¼" exposed Pyramid only. No pin spikes are allowed.** Starting heights will be shared at a coaches meeting prior to the start of the meet.
- Shot Put/Weight:** On track infield. Weigh in will be at throwing ring upon arrival
- Locker Rooms:** Locker rooms and showers are located in the Quandt Fieldhouse located directly next to the track. Please provide your own towels and locks. No items should be left unattended.
- Training Room:** Trainers and training room facilities will be available at the track area. Please provide your own supplies.
- Team Areas:** **No team camps are allowed on the infield of the track, due to two throwing areas. All team camps must be in the hallway outside the track area. Only water is allowed inside the field house and track area.**

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TIME SCHEDULE/ORDER OF EVENTS

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This schedule is the order of events; it does not list specific times for each event:
A specific time schedule will be in your packet at check in.

FIELD EVENTS: 4:00 pm

Shot Put -	Girls & Boys(two rings run simultaneously)
Pole Vault -	Boys
High Jump -	Girls
Long Jump-	Boys
Triple Jump -	Girls
Pole Vault -	Girls (immediately following completion of boy's vault)
Long Jump -	Girls (immediately following completion of boy's long jump)
Triple Jump -	Boys (immediately following completion of girl's triple jump finals)
High Jump -	Boys (immediately following completion of girl's high jump)

RUNNING EVENTS: 4:00 pm **Boys will run first in all events except the hurdle final**

60 METER HURDLES PRELIMS
60 METER DASH PRELIMS
1600 METER RUN
4 x 200 METER RELAY
400 METER DASH
60 METER HURDLE FINALS
60 METER DASH FINALS
800 METERS
3200 METERS
1600 METER RELAY

At the conclusion of the meet, we will offer a middle school mile. Sign up for this event will be included within the on-line entries but we will also accept sign ups on the day of the meet.

SPIKES

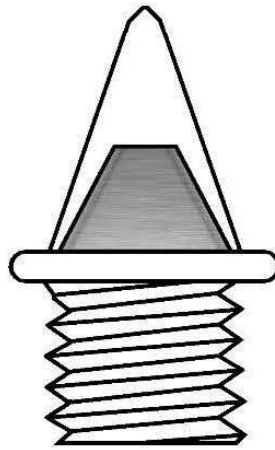
The only spike allowed on our Track facility is the 1/4" pyramid spike.

ATHLETES WILL NOT RUN IF THEY DO NOT COMPLY WITH THIS RULE.

Spikes must be checked prior to the start of your race. Anyone found using any spikes other than 1/4" Pyramid Spikes will be disqualified.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins