



Independence Invite
Hosted by Independence High School
Independence, WI 54747
Thursday, April 17th

- Teams:** Alma-Pepin, Arcadia, Augusta, Blair-Taylor, Cochrane Fountain City, Eau Claire Immanual, Eleva Strum, Lincoln, Melrose-Mindoro, Osseo Fairchild, Whitehall.
- Entries:** Please submit your entries by 12:00PM (noon), April 16th. Entries will be completed on MileSplit.(wi.MileSplit.com)
- Time:** Coaches meeting will be held at 4:30, field events begin at 4:45 and running events at 5:15. *Events will be on a rolling schedule.*
- Facility:** Meet will be held at the **Independence High School** athletic facilities. Rubberized track surface and jumping facilities. CHALK ONLY-no tape for markings
- Spikes:** 1/8 inch pyramids ONLY- No needle spikes (We will be checking spikes)
- Scoring:** All events will be scored as follows 10-8-6-5-4-3-2-1.
Medals for 1st Place, ribbons for 2nd and 3rd place finishers

TIME SCHEDULE

- 4:30** Coaches Meeting behind stadium
- 4:45** Girls and Boys High Jump(starting height determined by coaches)
-Girls High Jump will start
Shot Put and Discus will be cafeteria style (4 throws, no finals)
-Girls Discus and Boys Shot will start
Long and Triple Jump is cafeteria style (4 jumps, no finals)
-Girls Triple Jump and Boys Long Jump will start
Girls and Boys Pole Vault (starting height determined at coaches meeting.)
-Girls Vault will start
- 5:00** Running events



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ORDER OF EVENTS

We will operate on a rolling time schedule. Athletes need to listen for race calls and announced start times for field events. Girls will run first in each event followed by boys. No finals.

4 x 800 Meter Relay

100/110 Meter Hurdles

100 Meter Dash

1600 Meter Run

4 x 200 Meter Relay

400 Meter Dash

4 x 100 Meter Relay

300m Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4 x 400 Meter Relay