

# AAI - Replacement Invite



**Teams Participating:** River Falls, Hudson, Anoka, East Ridge, Forest Lake, Lakeville North

**Entry Fee:** \$200 per gender. (\$400 for full team)

**Where:** UW-River Falls- Knowles Center – 8 lanes (straight away), 6 on turn

**When:** April 1st, 2016

**Admissions:** TBD

**Times:** 3:00 Scratch/Coaches Meeting  
3:30 Field Events/ 4:00 Running Events

## Entries:

Timeframe	Running Events	Entries	Field Events	Entries
3:30 Freshman Mile	1600M Freshman	2		
3:30 Field Events			Long Jump	3
4:00 Running	4x800M	1	Triple Jump	3
	55 Hurdles (Finals)	6	Pole Vault	4
	55 Dash (Finals)	8	High Jump	4
	1600M	4	Shot Put	4
	4x200M	2		
	400M	4		
	800M	4		
	200M	4		
	4x400M	2		

**Timing:** FAT will be used and managed by Lakeville North or PT-Timing

# Meet Schedule

## Field Events

Event Time	Warm up	Event	Comments
3:30 - 4:30	3:15 - 3:30	Boys Triple Jump	
4:45 - 5:45	4:30-4:45	Girls Triple Jump	
6:00 - 7:00	5:45- 6:00	Boys Long Jump	
7:15 - 8:15	7:00 - 7:15	Girls Long Jump	
3:30 - 5:30?	arrival - 3:30	Boys Pole Vault	Girls to follow (45 min warm up)
3:30 - 5:30?	arrival - 3:30	Girls High Jump	Boys to follow (30 min warm up)
3:30 - 5:30?	arrival - 3:30	Girls Shot Put	Boys to follow (15 min per flight)

## Starting Heights

Boys Pole Vault	8', 9', 10' 11', 11'6" ...
Girls Pole Vault	6', 7', 8', 8'6" ...
Girls High Jump	4', 4'3", 4'6", 4'8" ...
Boys High Jump	5', 5'3", 5'6", 5'8" ...

## More Details

- Long Jump and Triple Jump will be done cafeteria style. All athletes will be given 3 attempts. No finals. (To allow for more athletes we have allowed 3 entries. However athletes need to be very efficient in order to get their jumps in within an hour!)
- Shot Put will have 2 flights per gender. 4 attempts will be given. No finals.

## Running Events

**4:00 PM-** All running events will be FINALS and will run on a rolling schedule. Girls will compete first followed by the boys in each event.

Freshman 1600m (@ 3:30)

4 X 800m Relay

55 Hurdles

55m

1600m

4 X 200m Relay

400m

800m

200m

4 X 400m

**Lane Seeding:** 4,5,3,6,2,1

**Scoring:** Individual event scores:10-8-6-5-4-3-2-1 Relay Scoring: 10-8-6-5-4-3-2-1

**Equipment:** ¼" Pyramid can be used on the track and infield.

We are not going to weigh in implements (We trust you)

**Team Camps:** Due to limited space please encourage athletes to store all bags in locker rooms provided. **There will be no team camp area other than inside Knowles.**

**Meet Director:** Rollie Hall

**Referees:** TBA

**Clerk of Course:** Sarah Rudisell and Shelly Wilson

**Jury of Appeals:** Rollie Hall, Meet Official, One boys coach from a MN team, One girls coach from a WI team.

**Parking:** TBA

**Concessions:** Concessions will be sold on site.

**Questions:**

*Athletic Director:* Rollie Hall 715- 425-1830 ext 1111 or [roland.hall@rfsd.k12.wi.us](mailto:roland.hall@rfsd.k12.wi.us)

*Boys Coach:* Matt Kumershek – [matt.kumershek@rfsd.k12.wi.us](mailto:matt.kumershek@rfsd.k12.wi.us)

*Girls Coach:* Colleen Sowa – [colleen.sowa@rfsd.k12.wi.us](mailto:colleen.sowa@rfsd.k12.wi.us)