

***EARLY "RED" BIRD INVITATIONAL***  
**HOSTED BY HOLMEN HIGH SCHOOL**  
**GOSTOMSKI FIELDHOUSE @ SAINT MARY'S UNIVERSITY**  
**FRIDAY, MARCH 17, 2023**

<b>TEAMS</b>	Alma-Pepin, Blair-Taylor, Cochrane-Fountain City, Holmen, La Crosse Aquinas, La Crosse Central, Sparta, West Salem
<b>ENTRY FEE</b>	\$175 per gender/\$350 per team. Make checks payable to Saint Mary's Track & Field.
<b>ENTRIES</b>	<p>All entries will be submitted on-line at <a href="http://www.directathletics.com">www.directathletics.com</a>. Please follow the directions and make sure you print out a hard copy for your records after you have entered your athletes.</p> <p>The final submission of entries is due by Tuesday, March 15, 2023 @ 12:00pm.</p> <p>Three (3) entries will be allowed for all individual events and one (1) relay team per school will be allowed in each relay event. No additions, changes, or substitutions will be allowed following the entry deadline.</p>
<b>COACHES MEETING</b>	A coaches meeting will be conducted at 3:15pm at the start/finish line. Starting heights for the high jump and pole vault will be determined at this time.
<b>FACILITY</b>	The facility includes a 200 meter track surface with 4 lanes on the oval and 6 lanes for 55m dash/hurdles. A full complement of field event venues are provided. The long jump/triple jump runway is located on the track. The pole vault, high jump and throws areas are on the infield of the track.
<b>SPIKES</b>	1/4" exposed Pyramid Spikes only!!! Please do not abuse this rule. Spikes are only allowed on the red track surface. <b>DO NOT WEAR SPIKES ON THE BLUE RECREATION SURFACE!</b> The high jump competition will not allow the use of spikes.
<b>CLERKING/HIP #</b>	Check in and hip number distribution will take place at the clerking table on the infield of the track. Competitors shall check in at least ten minutes prior to the start of their event. Hip numbers will be worn so as to be visible on the hip for races on the track. Clerking and final instructions will be at the start line. Athletes are responsible for reporting to the starting line on time.
<b>FIELD EVENT CHECK IN</b>	All field event competitors will check in and report to the head official of that event before the first attempt is made in his/her flight. All competitors are responsible for any information the head event judge may give prior to the competition.
<b>TEAM CAMP AREA</b>	A team camp area will be available in the area outside of the basketball gymnasium. Food and drinks will be allowed in this area. No food or drink will be allowed on or inside the track area in the fieldhouse.
<b>WARM UP AREA</b>	The general athlete warm up area will be located in the designated area on the on the track infield. Hurdles will be available for warm up on the infield. Do not take hurdles from around the track for warm ups.
<b>CONCESSIONS</b>	Concessions will be available for purchase for all persons in attendance at the meet. Concessions will be located near the entryway into the fieldhouse.

**HOSPITALITY ROOM**

A hospitality room will be available for coaches, officials and meet workers during competition hours. An assortment of food and drink items will be available. The hospitality room will be conducted in the Cardinal Lounge on the second floor overlooking the fieldhouse (near the start/finish line). No athletes are allowed in the hospitality area.

**SCORING/RESULTS**

This is a non-scored meet. Results will be posted in the fieldhouse.

**ADMISSION**

Adults \$5      12 and under free

**MEET CONTACTS**

Holmen H.S.T&F Coach

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SMU Head T&F Coach

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**ORDER OF EVENTS**

This schedule is presented as an order of events only; it does not include specific times for each event.  
Please inform your athletes that if we get ahead of schedule, we will stay ahead of schedule.

**COACHES MEETING @ 3:15 PM (FINISH LINE)**

**FIELD EVENTS**

***BEGINNING AT 3:30 PM***

**LONG JUMP** (BOYS AND GIRLS OPEN PIT FROM 3:30 PM TO 5:00 PM) – 4 JUMPS

***BEGINNING AT 4:00 PM***

**SHOT PUT** (BOYS FOLLOWED BY GIRLS) – 4 THROWS

**POLE VAULT** (GIRLS FOLLOWED BY BOYS)

**HIGH JUMP** (BOYS FOLLOWED BY GIRLS)

***BEGINNING AT 5:30 PM***

**TRIPLE JUMP** (BOYS AND GIRLS OPEN PIT FROM 5:30 PM TO 7:00 PM) – 4 JUMPS

**RUNNING EVENTS**

All events run as sections against time. Fast section will run last.

***BEGINNING AT 4:30 PM***

**55 METER HURDLES**

**55 METER DASH**

**1600 METER RUN**

**4 X 200 METER**

**400 METERS**

**800 METER RUN**

**200 METER DASH**

**3200 METER RUN**

**4 X 400 METER RELAY**

(GIRLS FIRST, FOLLOWED BY BOYS)