

# Oakfield-Alabama 11th Annual Track Invitational

Oakfield-Alabama is pleased to be hosting its eleventh annual track invitational on **May 3rd**. We hope that you are able to be one of the participants. We are again going to try to limit the number of schools to **twelve**, and are hoping you will be there. There are several features that make this meet unique. This meet includes non-scoring awards which will be given to the top combined boy and girl in the following four events: long jump, shot put, 100 meter dash, and 1600 meter run. In addition, there are several events for freshmen only and a relay for freshmen and sophomores.

**The meet will begin at 9:30 am, with a meeting for all coaches at 9:00 am.** We allow you to scratch and/or replace an athlete on the day of the meet. You will receive a form with your entry sheet for any scratches and changes you wish to make (see below). **However, any scratch form received after 9:00 am will result in only a scratch and not a replacement. Late changes have had a negative affect on our ability to manage the meet in the past. We ask for your cooperation.** There will be awards for the first six places in each event and trophies for the top two teams in each of the boys' and girls' competition. **The entry fee will be \$70.00 per boys or girl's team and \$120.00 per combined team.**

- Individuals may enter **four** events
- Scoring to 6 places (10,8,6,4,2,1) in all events
- You may enter **three** individuals per event **EXCEPT** only **one** in the freshmen events
- **Entry sheet must be received by Monday, April 29<sup>th</sup> at 6 pm**
- You may replace an entered athlete on the day of meet by filling in the scratch/change form you receive with the entry form. **This sheet must be turned in to an Oakfield coach by 9:00 or earlier the day of the meet. No change may be made after that time although you may scratch an athlete from an event after that.**
- **If an athlete scratches from an event during the meet, the athlete may participate in later events**
- You may use any four athletes in the relays. However, if your team wins, please submit the names so that we can give them to the newspaper
- Freshmen in individual events **should not** be your top two varsity athletes in those events
- Weightmen in the 4 x 100 Relay should be those who **normally throw** for your team
- There will be **finals only** in the 100 M, 200 M, Freshmen 100 and the 100/110 Hurdles. The runners will be seeded on time.
- The Sprint Medley will be run in the following order 200/200/400/800
- There will be four attempts in all field events
- Long and triple jumps will be open pits, one and a half hours for each group
- We ask that athletes use 3/16 inch spikes or less
- Team issued uniform is required- We will enforce rules concerning matching T-shirt and/or tights, etc. **except for the weightmen's relay and the frosh/soph medley.**
- Clerking area location will be announced at the meet except the 100 M and 100/110 who will report to the starting area.
- Bring your own blocks
- **Please provide a seed time or distance for all athletes even if they have not done the event before. Take an educated guess.**

- Starting heights
  - Girls HJ 3'6"
  - Boys HJ 4'6"
  - Girls PV 5' 6"
  - Boys PV 7'

The order of events for this meet is as follows:

3200 m Relay	Boys Shot/Girls Shot
400 m Hurdles	Girls Discus/Boys Discus
100 m Finals	Boys Long Jump/Girls Long Jump
<b>Freshmen 100 m</b>	Girls High Jump/Boys High Jump
<b>Freshmen 1500/1600</b>	Girls Pole Vault/Boys Pole Vault
1500/1600 M	Boys Triple Jump/Girls Triple Jump
400 m Relay	<b>Freshmen Boys Shot/Freshmen Girls Shot</b>
400 m	
100/110 Hurdle Finals	
<b>Frosh/Soph Sprint Medley</b>	
800 m	
200 m	
3000/3200 m	
Weight Men 400 m Relay	
1600 m Relay	

Mailing Address:  
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Oakfield, NY 14125

Fax Number  
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E-mail Address  
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Looking forward to seeing you in Oakfield

Art Goldstein

Please mail, fax, or e-mail registration form to me by April 11th. **Please include a roster (just names and grade) with your registration, even though it may change later on. This will help with the data entry.** I will e-mail entry forms to those teams who are planning on attending. Include voucher or check payable to: OACS Track and Field

SCHOOL: \_\_\_\_\_  
BOYS' COACH \_\_\_\_\_  
GIRLS' COACH \_\_\_\_\_  
TEAMS PARTICIPATING

Both Boys and Girls \_\_\_\_\_  
Boys Only \_\_\_\_\_  
Girls Only \_\_\_\_\_  
Will not attend \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

Return to: Art Goldstein  
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Oakfield, NY 14125

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