



OFHS Varsity Invitational ***April 21, 2023***

Meet Director:	Brad Yount- byount@ofr5.com
Coaches Meeting:	3:00pm – Located in the infield at the start line. The starting heights for the pole vault and high jump will be decided at this time. The games committee will consist of one coach from each school.
Events:	Field Events: 3:30 p.m. Running Events: 4:00 p.m.
Entry Limits:	2 per event, 1 relay
Heat/Flight Sheet	ClickHere
Entry Deadline:	Entries are due no later than Monday, April 17th at 5:00 pm – OnlineEntryForm
Scratches/Changes:	Coaches can manage entries until Thursday, April 20th by 9:00 am - Scratches/Changes NO EXCEPTIONS ON LATE ENTRIES
Scoring:	10-8-6-4-2-1
Concessions/Hospitality:	Concession stand will be available by the Orchard Farm Booster Club. Hospitality will be provided for coaches, bus drivers and event workers. This will be located inside the concession stand and provided by our Track and Field parents.
Running Surface:	We have a polyurethane track, and all jumping surfaces are polyurethane. These surfaces require 1/4-inch spikes or less. The throwing surfaces are concrete and require rubber- soled shoes. Spikes are not permitted in the bleachers.
Tents:	Team camps should be set up at the south end of the track, by the concession stand or on the south side of the bleachers.
Awards:	Top six in each event will receive a medal. Team plaques will be awarded to the boys and girls champions
Buses:	Please see attached parking map. Buses are to park in the Orange area, in the long bus sized spaces (marked with white lines on the map).
Entry Fee:	Our track meets are shared expense events. We will divide the total cost between all teams that participate and will send an invoice as quickly as possible. We bill all participants as “teams”. No individual entries.



Varsity Invitational | Schedule of Events



3:30 **ALL FIELD EVENTS BEGIN – 4 attempts in Jumps and Throws & 90 min limit for jumps.**

3:30 Boys and Girls Long Jump (cafeteria style), followed by Boys and Girls Triple Jump (cafeteria style)

Boys High Jump | followed by Girls High Jump

Girls Pole Vault | followed by Boys Pole Vault

Girls Shot, Boys Disc, Javelin (cafeteria) will run concurrently with each other and we will switch at 5:30PM

NOTE: All contestants in the field events should report to the field event judge prior to the start of the competition. Contestants should also report immediately after being called for each trial and complete the trial within 1.5 minutes after reporting (exception – pole-vault is 2 minutes). Otherwise, they will be charged with an unsuccessful attempt.

4:00 **Order of all Final Running Events (Girls heats followed by Boys) – Rolling Schedule**

4 x 800-meter relay

100/110m HH

100m Dash

4x200m Relay

1600m Run

4x100 Relay

400m Dash

400m Dash (para)

300m LH

800m Run

200m Dash

200m Dash (para)

3200m Run

4x400m Relay