

2006 OAK HALL INVITATIONAL

MARCH 14TH



Rubberized Track

Fully Automatic Timing System Will Be Used

Location: Oak Hall School, 8009 SW 14th Ave., Gainesville, FL 32607
Date: Tuesday, March 14th, 2006
Entry Deadline: Wednesday, March 8th, 2006 by **10:00 pm** (WWW.DIRECTATHLETICS.COM)
Entry Fee: \$50.00 per team of boys and \$50.00 per team of girls / \$85.00 for both
 If a school is bringing 3 or fewer athletes (boys and girls are considered separate), the fee is \$10.00 per athlete.
 Make checks payable to Oak Hall School

Entry List: **Field Events** begin at 2:00 pm except for pole vault, which begins at 1:30 pm. You may enter three athletes per field event except for pole vault, only two. Every athlete will have their first attempt measured in the throws and jumps. After that, the athlete must meet the minimum standard in order to receive a mark. Every athlete will have four attempts in throws and jumps. The minimum standards or opening heights are listed below for each event.

“B” Races begin at 3:00 pm. Unlimited entries. Check in at starting line, **do not enter online**. These races will be run fastest heats first. Each athlete will be given their time at the finish line by the timers (hand timing). These times **will not** be recorded. Events will be in the following order (girls then boys): 100m, 1600m, 200m and 800m.

“Invitational” Races begin at 5:30pm and will be fully automatic timed. These will be finals, heats against time. We will run fastest heats first (except 4 x 400m, which will be fastest last). You can enter two athletes per running event and one team per relay event. Athletes who do not meet the standards for the distance races should run in the “B” races.

Time Schedule: 1:00 – Coaches Meeting

STANDARDS AND OPENING HEIGHTS

1:30 – <i>Pole Vault</i> (Girls first, followed by Boys)	Girls: 6’0” Boys: 9’0”
2:00 – <i>4 x 800m</i> (Girls first, followed by Boys)	
<i>Long Jump</i> (Girls and Boys)	Girls: 13’0” Boys: 17’0”
<i>Triple Jump</i> (Girls and Boys / after Long Jump)	Girls: 27’0” Boys: 36’0”
<i>Discus</i> (Boys first, followed by Girls)	Girls: 60’0” Boys: 90’0”
<i>Shot Put</i> (Girls first, followed by Boys)	Girls: 25’0” Boys: 35’0”
<i>High Jump</i> (Boys first, followed by Girls)	Girls: 4’4” Boys: 5’6”
3:00 – “B” Races	
5:30 – “Invitational” Races	
Girls 100m High Hurdles	
Boys 110m High Hurdles	
100m Dash	
1600m Run - - - - -	Girls: 5:50 / Boys: 4:45
4 x 100m Relay	
400m Dash	
Girls 300m Low Hurdles	
Boys 300m Intermediate Hurdles	
800m Run - - - - -	Girls: 2:40 / Boys: 2:10
200m Dash	
3200m Run - - - - -	Girls: 13:30 / Boys: 10:30
4 x 400m Relay	

Awards: Trophies – Winner and Runner-Up Teams (Boys and Girls)
Medals – 1st Place Winners
Ribbons – 2nd-6th Place

Admission: \$4 Adults / \$2 Students

FULL CONCESSIONS WILL BE AVAILABLE

Send Checks To: Oak Hall School
8009 SW 14th Ave.
Gainesville, FL 32607

Questions: E-mail to emctureous@oakhall.org

ENTRIES WILL ONLY BE ACCEPTED ONLINE THROUGH
WWW.DIRECTATHLETICS.COM