

Omro Invitational Hosted by Omro

May 2nd, 2025



Entries: Omro's FAT Timing will be timing the meet. All entries should be submitted on Athletic.net by April 30th, 2025 (Wednesday) at Noon. Each school is allowed a maximum of 3 entries per individual event, up to a total of 28 individual entries. Each school is allowed 1 entry for each relay.

Scratches only on the day of the meet. Questions contact Coach Sadie Pomplun 920-379-3231.

Invitational Scoring:

Individual Events: 10-8-6-5-4-3-2-1

Relay Events: 10-8-6-5-4-3-2-1

Awards: Medals will be given to the top 3 finishers in each event. Please collect after the meet in the press box

Championship T-Shirts will be given to the 1st place team - Boys and Girls

Teams Entered (8):

Omro, Amherst, Antigo, Heritage Christian, Lourdes, St. Ignatius, St Lawrence, Valley Christian

Race Day Items:

1. Please use chalk in place of tape on the track.
2. Bathrooms (Porta Potties) are located on the back side of the building
3. We will have a clerk of course to check in at the north end of the track
4. Tents can be set up along the fence line by the baseball fields. Omro will have their tent set up, please follow down the line.
5. Hip numbers (located at the north end) should be placed on the left hip for events that you don't stay in your lane (800, 1600, 3200, 1600 Relay, and 3200 Relay)
6. Please have lap counters for the 3200 meter run
7. Advancement (LJ, TJ, DT & SP): 3 attempts in the Trials. 9 athletes advance to finals with 3 more attempts
8. Advancement (100/110 hurdles & 100 dash): Heat winners and next best times advance to finals (8 total)

Games Committee:

Starters (2)

Meet Manager : Sadie Pomplun

Amherst Boys Coach

Valley Christian Girls Coach

Antigo Boys Coach (Alternate)

TIME SCHEDULE

3:45 p.m. Coaches Meeting in the Press Box. Scratches only.
4:15 p.m. Field events; 4:45 Running Events

4:15-5:15 p.m. (Trials)	5:15-5:45 (Finals)	6:00-7:00 p.m. (Trials)	7:15-7:45 (Finals)
Boys Discus	Boys Discus	Girls Discus	Girls Discus
Girls Shot Put	Girls Shot Put	Boys Shot Put	Boys Shot Put
Boys Triple Jump	Boys Triple Jump	Girls Triple Jump	Girls Triple Jump
Girls Long Jump	Girls Long Jump	Boys Long Jump	Boys Long Jump

4:15- Girls High Jump -- (To completion) followed by Boys High Jump
Starting Height will be 4" lower than the 8th seeded jumper

4:15- Boys Pole Vault-- (To completion) followed by Girls Pole Vault
Starting Height will be 12" lower than the 8th seeded vaulter

*Pole Vault and High Jump will utilize the "five alive" system

4:45 Running Events

Girls followed by Boys

3200 m Relay
100 m Dash (Prelims)
110 m Hurdles (Prelims)
100 m Hurdles (Prelims)

15 Minute Break

100 m Hurdles (Finals)
110 m Hurdles (Finals)
100 meter (Finals)
1600 m Run
800 m Relay
400 m Dash
400 m Relay
300 m Hurdles
800 m Run
200 m Dash
3200 m Run
1600 m Relay

Heat Sheets: Heat sheets will be emailed on Thursday April 24th, 2025.

Final Results: After completion of the meet, the results summary report will be online at both sites and results will be uploaded to Athletic.net.

Clerking: The meet will be timed using a fully automated timing system. Hip numbers WILL be used for events that you are leaving your lane (800, 1600, 3200, 1600 Relay, 3200 Relay).

Exchange Zone - Please provide one exchange zone judge for the sprint relays.

800m Relay
1st & 3rd exchange - Oakfield, Green Bay

400m Relay
1st exchange - Heritage Christian
2nd exchange- Amherst
3rd exchange- Antigo

Stagger Lines

1 Turn Stagger- Green
2 Turn Stagger- White

Exchange Markings

400 Meter Relay- Red Triangles
800 Meter Relay- Zones 1-2, Zone 3 Yellow

Hurdle locations and heights:

100 meter HH (girls) (33") (1 hole showing).....Yellow Hash Marks
110 meter HH (boys) (39") (3 holes showing).....Blue Hash Marks
300 meter LH (girls) (30") (all the way down)Red Hash Marks
300 meter LH (boys) (36") (2 holes showing).....Red Hash Marks

Parking: Please note that our students get out of school at 3:15pm.

This means that the service road that runs along the back of the school will be used for student pick up between 3:05 - 3:25 pm. After 3:25 pm you are welcome to use that service road to drop off your athletes at the track.

Team Camps: Teams can set up camp on the west side of the track on the outside of the fence or on the side of the school. Please be conscious of the school end time. Please stay away from the finish line for the spectators and coaches. NO CAMPS INSIDE THE TRACK.

T-SHIRTS WILL BE FOR SALE

They will be sold near the concession stands. They will be sold at \$20 a shirt.

CONCESSIONS WILL BE PROVIDED AND FOOD TICKETS FOR COACHES

Any Questions Please Contact:

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