

Osceola Invite

Tuesday, April 28, 2026

Teams: Ashland, Chisago Lakes, Hayward, Hudson, Somerset, and Osceola

3:05 Coaches meeting @ finish line

3:45 Field Events Begin

High Jump-Girls

Shot Put-Girls

Long Jump - Girls open pit 3:45 - 4:50

Boys open pit:5:15 - 6:20

Pole Vault-Boys

Discus-Boys

Triple Jump - Boys open pit 3:45 - 4:50

Girls open pit: 5:15 - 6:20

*Boys High Jump, Boys Shot Put, Girls Discus, and Girls Pole Vault will be allowed approx. a 30 minute warm-up following the completion of the first field events.

*Boys and Girls can both do run-throughs at LJ and TJ until 3:25. From 3:25 until the start of the event only girls should do run-throughs at LJ and only boys at TJ.

4:30 Running Events Begin (all events girls then boys)

4x800 Relay (may be combined)

100/110m Hurdles

100m Dash

1600m Run

4x200 Relay

400m Dash

4x100 Relay

300m Hurdles

800m Run

200m Dash

3200m Run (may be combined)

4x400 Relay

Opening Heights: Will be determined at coaches meeting

Jumps/Throws: 4 throws/jumps

Entries: Teams are allowed:

***6 entries per individual track event**

***3 entries per relay**

***4 entries per field event**

*All entries are due by 8pm on 4/26. All entries can be done online at: athletic.net

Exchange Zones: (1+ coach from each school should be present at the assigned zone)

800m relay: 1st and 3rd: Osceola and Ashland

2nd: Somerset and Starters

400m relay: 1st: Hudson

2nd: Chisago Lakes

3rd: Hayward

Spikes: ¼ inch spikes on all surfaces. NO SPIKES SHOULD BE USED ON THE TURF.

Please use athletic tape (not provided) for marking the track/runways

Concessions: Concessions will be available

Parking: ****Buses can drop off and park on the road by the softball fields.****

Team Camps: NO team camps inside the track. Please set your team camps near the fence on the softball field side (SOUTH) of the track. Please put camps close to the fence. Please clean up your team camps upon completion of the meet.

Clerk of Course: The meet clerk will be located at the 100-meter starting line.

Event Fee - \$300 per school (\$150 for each gender)

Theresa Ellefson - Head Girls Coach

Rick Stewart - Head Boys Coach

Jeff Hahn - Athletic Director 715-220-6580

ellefsont@osceolak12.org

stewartr@osceolak12.org

hahnj@osceolak12.org

Please respect our facility and share these rules with your coaches and athletes.

Track and Turf Rules and Regulations:

- **No Sunflower seeds**
- **No Chewing Gum**
- **No Chewing Tobacco**
- **No fireworks or open flames**
- **No Spitting**
- **No Glass Bottles or Sharp Objects**
- **No Beverages other than water (if something spills on the field, do not attempt to clean it up - contact an school employee to report a spill)**
- **No Pets or Farm animals Allowed**
- **No Bikes, Skateboards, Scooters, Roller Blades or Other Wheeled Vehicles**
- **No Golfing**
- **No Climbing or Hanging From Goal Posts or Field Equipment**
- **No Spikes or Metal Cleats on the Synthetic Field (Rubber Molded Cleats or Sneakers Only**
- **1/4" or Shorter Track Spikes Only On the Rubber Track**
- **Freestanding Markers & Field Equipment Only (No Driving Stakes)**
- **Please Use Trash Receptacles**
- **No chairs unless pre approved by maintenance staff.**

Thank you

Osceola School District