

**UW Oshkosh Early Bird Invite/Multi**  
**Saturday, December 8th-9th, 2023**  
**Kolf Sports Center**

**Entry Procedure:** Entries will be done online **ONLY** – Please do not fax or call with entries.

*[http: directathletics.com](http://directathletics.com)*

**Online entry procedure:**

- Please use reasonable and/or fair entry marks. Can be used from TFRRS indoor season
- For freshman enter no time or provide fair indoor marks. (i.e. No outdoor 200m PR's)
- Enter 0.0 for any “no measure” or “no time” performances
- Additions/changes may not be made after **entries are closed**

**Entry Fee:**

\$250 for Men's team

\$250 for Women's team or \$30 per student athlete, not to exceed \$250 per team/gender)

**\$20 for unattached individuals**

Cash or institutional check-payable to *UW Oshkosh Track & Field*; no personal checks

**Entry Deadline: Wednesday, December 6th at 9PM**

**Weigh-in:** All implements must be weighed prior to competition @ competition venue.  
Illegal implements will be impounded – pick up after event ends.

**Weigh-in time: 10:20am-11:20am**

**200m Declaration:** All 200m runners must declare before start of MENS 800m.

**Finals:** Field events – 9 advance to finals; 60m/60 Hurdles – 8 advance to finals

*Exhibition athletes, if competing, WILL NOT be eligible for Finals*

**Scoring:** Individuals: 10-8-6-5-4-3-2-1

Relays: 10-8-6-5-4-3-2-1 (one relay per institution shall score)

**Starting Heights:** will be determined morning of the competition

*Please make sure your team camps are compact on the infield and out of the way of the competitive areas. **No spikes allowed on green tarp on infield.***

If you have any questions, please contact – Justin Kinseth at 929-424-7134 / [kinsethj@uwosh.edu](mailto:kinsethj@uwosh.edu)

## **UWO Early Bird Invite**

**Saturday, December 8<sup>th</sup>-9<sup>th</sup>, 2023**

### **TIME SCHEDULE**

**WE WILL START AT THE TIMES LISTED BELOW**

**\*WE WILL NOT RUN AHEAD\***

#### **MULTI SCHEDULE: (Facility Opens at 10:30am)**

##### Women's Pentathlon: Friday, Dec. 8<sup>th</sup>

12:30pm 60H  
1:10pm High Jump  
3:10pm Shot Put  
4:10pm Long Jump  
5:10pm 800m

##### Men's Heptathlon Day 1: Friday, Dec. 8<sup>th</sup>

12:45pm 60m Dash  
1:25pm Long Jump  
2:25pm Shot Put  
3:25pm High Jump

##### Heptathlon Day 2: Saturday, Dec. 9<sup>th</sup> (Facility Opens at 7:30am)

9:30am 60H  
10:10am Pole Vault  
1:15pm 1000m Run

**TRACK EVENTS: Saturday, Dec. 9<sup>th</sup>** (times are from last year, subject to change based on number of entries yet, start time will stay)

11:30am 3000m Run  
12:00pm 60 Hurdle Prelim (women first, men second)  
12:20pm 60 Meter Prelim  
200m declaration opens AFTER 60m prelims (at check-in table)  
12:40pm Mile Run  
1:05pm 400m Dash  
1:25pm 60m Hurdle Final (men first, women second)  
1:35pm 60 Meter Final

200m declaration deadline BEFORE 800m start

1:45pm 800m Run  
2:00pm 200m Dash  
2:45pm 5000m Run  
3:25pm 4x400m Relay

- Women will race first in all track events.

**FIELD EVENTS: Saturday, Dec. 9th**

1:00 (Approx, start right after multi) Pole Vault Women THEN Men

11:30 Long Jump Women AND Men (two runways W inside pit/M outside pit)  
Triple Jump to start 20 minutes after completion of Long Jump

12:00 High Jump Women THEN Men

11:30 Women SHOT and Men SHOT (two rings at the same time)  
Women WEIGHT THROW after SHOT then Men WEIGHT THROW

\*\*\*Throwing events will take place downstairs in Gym A and Gym B. All throwing events are contested on wooden rings. We will run 2 rings for shot put and 1 ring for weight throw due to number of entries\*\*\*