

5th Annual Big Ox Invitational
St. Thomas Aquinas
4/18/2015

Rules and Meet Information

Entries must be submitted online at www.Baumspage.com. Entries close at 6:00 P.M. on Thursday, April 16th. No scratches will be done online. Emergency changes can be done the day of the meet but please keep this to a minimum.

We don't like them either but our track warranty requires 1/8th, pyramid spikes. These will be checked in the bullpen. Runners wearing longer spikes will not be permitted to run.

Team camps will only be permitted on the practice football field west of the stadium. This gives easy access to the sprint starting lines.

We are attempting to stick to a very specific schedule. Have your athletes ready to go at the times listed on the schedule. This will allow for a quick meet which is one of our goals.

Field events will check in at the event. Starting heights will be determined after we see the entries.

Coaches must wear a field pass (you will receive these at the coaches' meeting) to have access to the field and the coaches' hospitality tent. Only coaches may use these.

Athletes must use appropriate gates for access to the track. No fence jumping is allowed.

After dropping off your team, the team busses should park in front of the school.

Scoring:

Since we now have more teams coming we will score the top 8 places in each event.

Points awarded are as follows:

1 st - 10	4 th - 5	7 th - 2
2 nd - 8	5 th - 4	8 th - 1
3 rd - 6	6 th - 3	

The top 6 places will receive medals; the top 3 also receive t-shirts. Individual trophies will go to the outstanding sprinter/hurdler, distance runner and field event performer. Team trophies will go to the 1st and 2nd place boys and girls teams and the top combined boys and girls teams. In the past we tried to hand out medals as the meet went but it never worked well. So medals will be put in an envelope for each team to be picked up at the end of the meet. Shirts will still be distributed after each event is scored. So have your athletes pick these up as the meet progresses.

Location of field events:

Shot Put and Discus – both events are located outside the fence northwest of the track on the field behind the scoreboard

High Jump – located inside the track at the West end of the field

Long Jump – located on the far side of the track behind the visitors stands (both pits will be in use)

Pole Vault – located inside the track at the East end of the field

Concessions:

The concession stand is well stocked and is located by the gate as you entered the stadium.

Restrooms:

There are men's and women's restrooms located in the building to the left of the entrance.

Results:

Results will be posted periodically throughout the meet next to the concession stand. Complete results will be available after the meet on Baumspage.com. Click on track then scroll down the right side of the page to "Big Ox Invitational".