

11th Annual Big Ox Invitational
St. Thomas Aquinas
4/13/2019

Rules and Meet Information

New this year, please read! Entries will be done on www.baumspage.com and MUST BE DONE by Thursday April 11th at 8:00 P.M. After that there will be absolutely no additions or substitutions. Only scratches may be done after this including the day of the meet. Why are we taking this step? Last year there was an absolutely overwhelming number of changes and several coaches calling after the deadline to ask for an extension because they forgot to make their entries. This made a nightmare scenario for our timers and rendered the heat sheets totally irrelevant. With even more teams coming this year, we don't want that to happen again. So please make your entries carefully as no substitutions or additions will be allowed. **There will be no exceptions.**

1/4'' pyramid spikes or less will be required. These will be checked in the bullpen. Runners wearing longer spikes will not be permitted to run.

Team camps will be permitted on the practice football field west of the stadium or in the visitors bleachers on the north side of the track. **No camps will be allowed on the football field.** This gives easy access to the sprint starting lines.

An **estimated** time schedule is to be posted. We will try to be as close to that as possible but as you all know, things happen. The times listed are for your information, so you can 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. The meet has grown, so we will do our best to stay on time. If we get ahead of schedule, we will not hold up events to stay with the estimate.

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 area. 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 buses should park in front of the school.

Scoring:

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 8 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. 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 north 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 at the pavilion 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".

Coaches' Hospitality Room: Food and drinks are provided to the coaching staffs courtesy of the Aquinas team parents and booster club in the school cafeteria. **This is for coaches only.** Athletes, team parents, and fans will not be allowed. Please help us maintain this so we can continue to provide what has become a very nice feature of our meet.