



P.O. Box 7 ♦ 14785 Thompson Ave ♦ Middlefield, OH 44062

Phone 440-632-0264 ext 1125 ⑩ Fax 440-632-1735

Jimmy Soltis – Athletic Director

4th Annual William E. Fisher Track and Field Invitational Saturday March 30th, 2024 at Cardinal High School

Dear Athletic Director/ Track Coach

We are excited to announce our 4th Annual William E. Fisher Track and Field Invitational.

WHERE: Cardinal High School (**TEAMS WILL BE DROPPED OFF AT THE MIDDLE SCHOOL, 16175 Alameda Dr.**)

WHEN: Saturday, March 30, 2024 Starting time: 10:00 A.M. 8:30 gates open

Cost: Entry Fee – \$200.00 per team or \$350.00 per school, make checks payable to:

**Cardinal Local Schools
14785 Thompson Ave.
Middlefield OH, 44062
Payments Due by April 1st**

9:30am - Brief Coaches meeting at the finish line

Field Events:

Start promptly at 10:00 AM

2 individuals from each team per event. If an individual is in a running event, they have ten minutes after the conclusion of the running event to return to the field event.

Girls Shot – In flights, 2 attempts, 1 attempt, 9 best go to finals

Boys Long Jump – Open pit, best of 4 jumps

Boys Discus – In flights, 2 attempts, 1 attempt, 9 best go to finals

Girls Pole Vault- starting height 6'0" for girls and 8'0" for boys

6" increments to 9'0" for girls, 12'0" for boys

Girls High Jump – Starting height 4'0" for girls and 5'0" for boys

2" increments to 5'0" for girls, 6'0" for boys, then 1" increments

Track Events: 11:00 AM

Preliminaries start promptly at 11:00 AM

2 individuals from each team per event

Girls events first, then boys

100/110 meter hurdles

100 meter

Girls 4 x 800 (final)

Boys 4 x 800 (final)

200 meter

The ***top eight times*** advance to finals.

Finals:

100/110 meter hurdles

100 meter

4 x 200 meter relay

1600 meter

4 x 100 meter relay

400 meter

300 meter hurdles

800 meter

200 meter

3200 meter

4 x 400 meter relay

General Guidelines:

1. Please enter your athletes at [William E. Fisher Invitational](#)
Entry Window will close on March 28th @ 9:00PM.
2. Restricted area inside the fence once finals start, coaches with field event athletes are allowed, athletes not competing or warming up are not allowed.
3. Team Camps can be set up North of the track or in the field behind the home bleachers.
4. Jumping surfaces are all weather surfaces with Pole Vault located in the North End and High Jump and Long Jump located in the South End of the track. Throwing surfaces are concrete and are East of the track.
5. In the throws athletes from the same team must retrieve implements after they are thrown. Please be aware of this to keep the event moving.
6. Opening heights and increments may change depending on the weather, this will be a meet management decision.
7. Spikes should be ¼" or less.
8. No tape on the runways, chalk will be provided for marks.

9. We have 30m exchange zones for the 4x1 and 4x2, athletes must be inside the zone the entire time, there is no fly zone in 30m zones. No tape on the track please.
10. Please provide your own blocks, batons, and implements.
11. In the finals heats will run slow to fast scoring 8 places with traditional invitational scoring.
12. Event T-shirts will be available for purchase at the concession stand which will also be open.
13. Gates open at 9am for spectators. Admission will be charged for spectators. We will send out ticket information a few days prior to the event. We will be using Ticketspicket for the event. Cash is also accepted at the gate. **ALL SPECTATORS WILL PARK AT THE HIGH SCHOOL**

Tickets can be purchased here: [Cardinal Huskies - Ticket Spicket](#)

Thank you for helping make our 4th Annual William E. Fisher Invitational a success, best of luck to you for the remainder of the season.

Questions or concerns please contact Coach dakota.ward@cardinalschoools.org or jimmy.soltis@cardinalschoools.org.