**Announcing the 28th Annual**

OIL COUNTRY

***Track & Field Invitational***

Saturday, May 7, 2016 – 9:00 am

*Oil City Area Senior High School – 10 Lynch Boulevard*

*Oil City PA 16301*

***Featuring…***

* Sports Track 300 Polyurethane Track Surface
* Sports Track 300 Polyurethane Jumping Areas
* New jumping pits – pole vault and high jump
* Concession Stands
* Invitational T-Shirts for sale
* $90 entry fee for each team - $170 combined boys/girls teams from one school
* $10 per individual if under 9 athletes from one team

*See Information Next Pages*

**Details – OIL COUNTRY Track & Field Invitational – May 7, 2016**

**SCHEDULE**

7:30-8:15 Coaches breakfast in middle school cafeteria (directly up from the field)

8:15-8:30 Head coaches meeting in middle school cafeteria

8:30-9:00 Warm-up

**RUNNING EVENTS FIELD EVENTS**

**9:00 Morning events begin** **9:00** **Session 1**

100 m Hurdles – GT Boys Shot Put (near pole vault)

110 m Hurdles – BT Boys Javelin (lower field)

100 m Dash – GT Girls Discus (lower field)

100 m Dash – BT Girls High Jump

3200 m Relay – GF Boys Long Jump

3200 m Relay – BF Girls Pole Vault

200 m Dash – GT

200 m Dash – BT

3200 m Run (heat 1) – GF **Session 2 (follows Session 1)**

3200 m Run (heat 1) – BF

Girls Shot Put (near pole vault)

**Lunch Break (time permitting)** Girls Javelin (lower field)

Boys Discus (lower field)

100 m Hurdles (2 heats) – GF Girls Long Jump

110 m Hurdles (2 heats) – BF Boys High Jump

100 m Dash (2 heats) – GF Boys Pole Vault

100 m Dash (2 heats) – BF

1600 m Run – GF

1600 m Run – BF **Session 3 (follows Session 2)**

400 m Relay – GF

400 m Relay – BF Girls Triple Jump

400 m Dash – GF Boys Triple Jump

400 m Dash – BF

300 m Int. Hurdles – GF

300 m Int. Hurdles – BF

800 m Run – GF **Field Event Finals will be held immediately**

800 m Run – BF **after Preliminary Trials**

200 m Dash (2 heats) – GF

200 m Dash (2 heats ) – BF ***NOTE: We reserve the right to modify start***

3200 m Run (heat 2) – GF ***times for the jumps depending on numbers***

3200 m Run – BF ***of jumpers.***

1600 m Relay – GF

1600 m Relay – BF

**COACHES: It is the athlete’s responsibility to heed all calls.**

**Athletes not showing up in a timely manner will be scratched.**

**PLEASE NOTE: After Friday, April 29, all changes will be scratch only!**

**Oil Country Track & Field Invitational Information**

**ENTRY FEE** Our entry fee is $90 per team - $170 if you send both boys and girls. If you have

less than 9 athletes, they are $10 each.

**PAYMENT** Make checks payable to **Blue and White Booster Club** and please send to

Rick Fletcher, Oil City High School, 10 Lynch Blvd., Oil City, PA 16301.

**INTENT** If you plan on participating, please e-mail Rick at [oilcityad@mail.ocasd.org](mailto:oilcityad@mail.ocasd.org)

by April 25, 2015. We will need all online entries and payment by midnight May 2, 2016.

**Entries will be made through** [**www.pa.milesplit.com**](http://www.pa.milesplit.com)**.** First entry date: April 1.

**NUMBER OF ENTRIES** There will be a maximum of three (3) athletes per school per event.

Each athlete may participate in up to four (4) events of his/her choice. Athletes are responsible

for getting to their events as scheduled. Persistent tardies will be scratched. We **WILL NOT** hold up events. One (1) relay entry per school. All events seeded by best time, height, or distance.

**WORKERS/OFFICIALS** Two event workers will be needed from each school. Please return the worker sheet enclosed by April 24th. John Wilson of Corry will be the PIAA Official Starter, assisted by Dave Skinner of Oil City and Rich Hancox of Franklin.

**CONCESSIONS** A full concession stand of a variety of food and drinks will be available.

Doughnuts, breakfast casserole, fruit, coffee and juices will be available for the coaches at the coaches’ meeting.

**SPORTS MEDICINE** Mel Wenmoth, L.A.T., MEd, of Oil City Sports Medicine, will provide

athletic training services the entire day. Community Ambulance Services will provide a crew

and vehicle dedicated to the site all day.

**OIL COUNTRY T-SHIRTS** Customized Invitational T-shirts will be available.

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**TIMING** All race timing will be FAT times through our Finish Lynx system with instant photo

finish replay monitor.

**AWARDS** Top Six (6) individuals win medals. Top five (5) relay teams win medals. Top boys and girls teams win a team trophy.

**FACILITY INFORMATION**:

* No spikes longer than 3/16th are permitted on track, javelin, and jumping surfaces.
* Tape only (white athletic tape) for relay marks (please remove after event).
* Tents are permitted on grassy areas beside the bleachers outside of the track. Please have your team clean up your areas before leaving! Thanks!
* Your buses will be able to park at the Venango Technology Center located behind the athletic complex and are to be used as shelter if rain comes. If there is an intense storm, we will use our Middle School gym as a place to house the athletes. Coaches will be responsible for the behavior of the students if this situation arises.

**FACILITY INFORMATION (*continued)***

* ONLY athletes warming up or preparing for their immediate event should be on the infield. All spectators or athletes not competing should be outside the track fence.

**PLEASE NOTE: ONLY COACHES AND ATHLETES WILL BE**

**PERMITTED INSIDE THE TRACK FENCE!**

**ABSOLUTELY NO PARENTS.**

**ONLY WATER WILL BE PERMITTED INSIDE THE TRACK FENCE.**

**NO GATORADE, NO OTHER DRINKS, AND NO FOOD. VIOLATORS**

**WILL BE SCRATCHED!**

**SCRATCH PROCEDURES:**

On the day of the event:

Field scratches will take place at the site of each field event.

Scratch sheets are available in the meet packet and at the Finish Line Tent.

Track scratches:

* **Morning events** (100m dashes, 110/100m hurdles, 3200m relays, 200m dashes) Scratch by 8:30am so that the proper heats can be finalized – at the Finish Line tent.
* **Afternoon events** – please listen to the announcements for the scratch times for each event.

**ADVANCEMENT PROCEDURES:**

In the 100 meter dashes, 200 meter dashes, and the 110/100 meter hurdles, the top 12 will advance to the finals of all three events.

**Oil Country Invitational**

**May 7, 2016**

**SCHOOL WORKER SHEET**

Name of School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We are asking each school to supply two field workers to help with the field events.

We will supply lunch to each worker. If needed, we will assign a school to an event that needs help if we don’t receive this sheet **by April 22nd**

Thanks for helping with our pre-meet planning!

**PLEASE FAX THIS SHEET TO 814*-*677-7256**

**OIL CITY HIGH SCHOOL - ATTENTION: Rick Fletcher**

NAME OF COACH \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EVENT CHOICE:BOYS\_\_\_\_\_ GIRLS\_\_\_\_\_

HIGH JUMP\_\_\_\_\_ LONG JUMP\_\_\_\_\_ TRIPLE JUMP\_\_\_\_

POLE VAULT\_\_\_\_\_ DISCUS\_\_\_\_\_ JAVELIN\_\_\_\_ SHOT PUT\_\_\_\_

NAME OF COACH \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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