



Osseo Invitational
April 18, 2024
Osseo High School

Schools Competing

Osseo
Coon Rapids
Centennial
Robbinsdale Armstrong

Minneapolis Southwest
Elk River
Andover
Rosemount

Parnassus
Park Center
Rock Ridge
Silver Bay
St. Louis Park

Admission- \$5.00 for Adults, \$4.00 for students.

Entries: Each team will get 3 entries per event and 1 relay.

Timing: Timing will be F.A.T. (<https://wayzataresults.com/>)

Team Camps: outfield of softball turf field (east of main entrance)

Scoring: We will score 8 places for individual events and relays (10-8-6-5-4-3-2-1)

Awards: Medals will be awarded to places 1-5 for individual events and places 1-3 for relays.. A team trophy to winning boys and girls teams. Championship Jerky to event/relay winners. We will recognize the top 3 finishers with a presentation of medals at the center of infield following each event.

Clerking: at a table near the starting line of 100 meters.

Infield: only for warming up athletes with races within 30 minutes.

Parking (VIEW MAPS BELOW): Bus drop offs take place at Osseo Ice Arena. Spectator parking is allowed in the Osseo Senior parking lot. NOT allowed at Osseo Middle School (just north of the stadium) until after 3:30pm.

2:55 Star Spangled Banner

Field Events

3:00	Girls	Pole Vault (6.5ft starting height)	5:00*	Boys	Pole Vault (8.5 ft starting height)
3:00	Boys	High Jump (5ft starting height)	5:00	Girls	High Jump (4ft starting height)
3:00	Boys	Long Jump (4 jumps Cafeteria Style)	5:00	Girls	Long Jump (4 jumps Cafeteria Style)
3:00	Girls	Triple Jump (4 jumps Cafeteria Style)	5:00	Boys	Triple Jump (4 jumps Cafeteria Style)
3:00	Girls	Discus Throw (Prelims) (4 throws, top 8 qualify for finals)	5:00	Boys	Discus Throw (Prelims) (4 throws, top 8 qualify for finals)
4:30	Girls	Discus Finals	6:30	Boys	Discus Finals
3:00	Boys	Shot Put (Prelims) (3 throws, top 8 qualify for finals)	5:00	Girls	Shot Put (Prelims) (3 throws, top 8 qualify for finals)
4:30	Boys	Shot Put Finals	6:30	Girls	Shot Put Finals

***Boys pole vault warm-ups will begin at the conclusion of the girls pole vault, and will last 30 minutes, or as coaches deem necessary.**

Track Events

All Running events will be timed finals and seeded with the last heat as the fastest. We will not go ahead of scheduled time.

3:00	Girls	4 x 800 Meter Relay	5:20	Girls	400 Meter Run
3:15	Boys	4 x 800 Meter Relay	5:40	Boys	400 Meter Run
3:30	Girls	100 Meter High Hurdles	6:00	Girls	300 Meter Hurdles
3:40	Boys	110 Meter High Hurdles	6:15	Boys	300 Meter Hurdles
3:50	Girls	100 Meter Dash	6:30	Girls	800 Meter Run (2 heats)
4:00	Boys	100 Meter Dash	6:40	Boys	800 Meter Run (2 heats)
4:10	Girls	4 x 200 Meter Relay	6:50	Girls	200 Meter Run
4:20	Boys	4 x 200 Meter Relay	7:05	Boys	200 Meter Run
4:30	Girls	1600 Meter Run (2 heat)	7:20	Girls	3200 Meter Run (1 heat)
4:45	Boys	1600 Meter Run (2 heat)	7:35	Boys	3200 Meter Run (1 heat)
5:00	Girls	4 x 100 Meter Relay	7:50	Girls	4x400 Meter Relay
5:10	Boys	4 x 100 Meter Relay	8:00	Boys	4x400 Meter Relay

Osseo Track Markings

4x200m

Start line: (4 turn stagger) Red
1st exchange: Red
2nd Exchange: Red
3rd Exchange: Yellow

4x100m

Start line: (2 turn stagger) White
Exchange zones: Yellow

Hurdle settings/Markings

100m hurdles (girls)

Height: 2nd notch

300m Hurdles

Mark: 1st Notch

Girls Height: 1st notch

Boys Height: 3rd notch

4x400m

Start Line: (3 turn stagger) Blue
1st exchange: Blue on the curve
2 – 4 exchange: Blue (10 meters behind the starting line)

4x800m

Start line: (1 turn stagger) Green
Exchange zones: Blue
Mark: yellow

110m hurdles (boys)

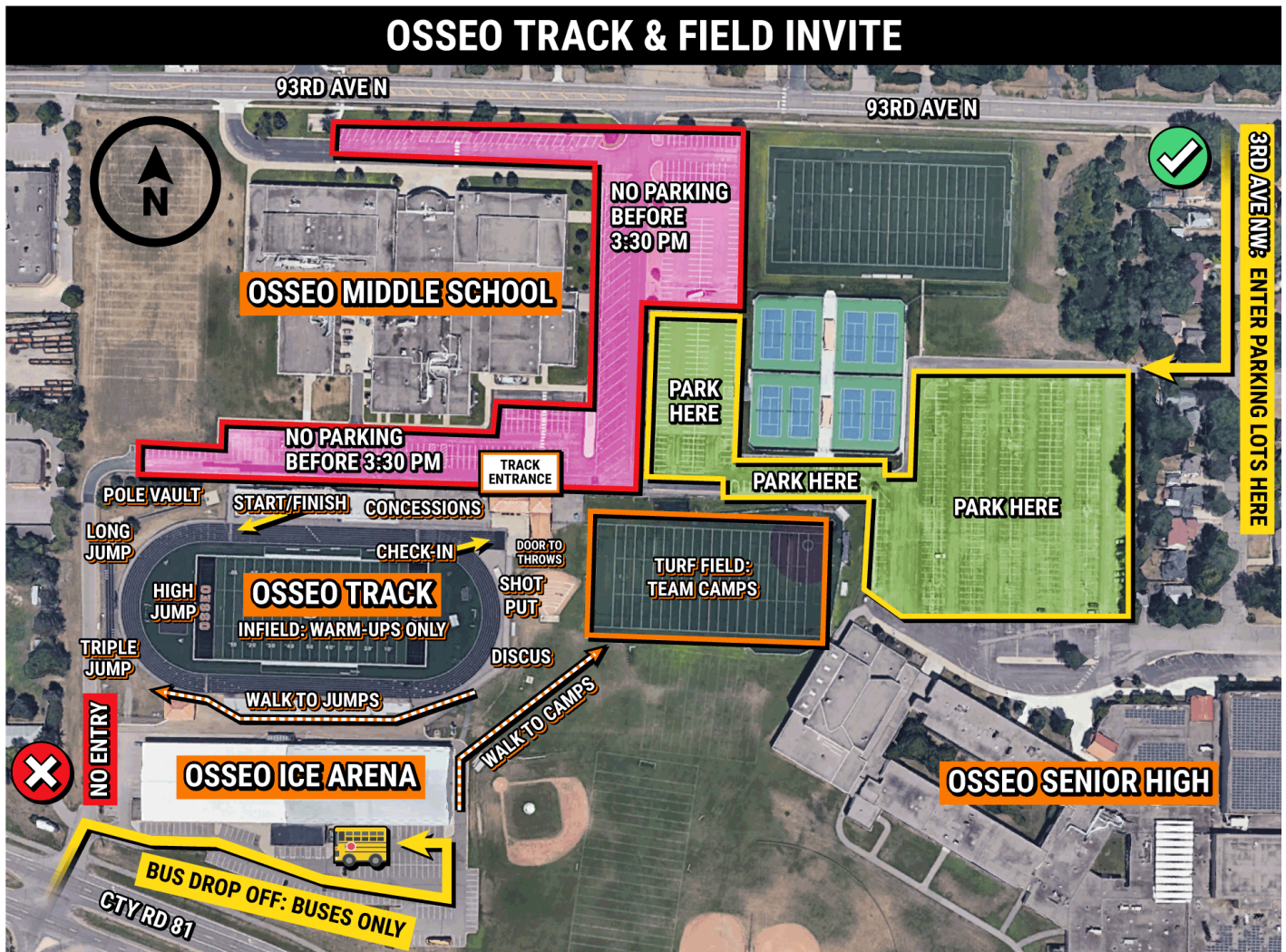
Height: 4th setting (second from top)

Mark: Blue

Exchange Zone Coverage

4x100: 1st exchange- Spring Lake Park 2nd exchange: Centennial 3rd Exchange: Elk River

4x200: 1st & 3rd Exchange: Osseo and Mpls. South West Exchange 2: Armstrong and Armstrong



Osseo Track and Field Invite Meet Records

BOYS

Event	Year	Athlete	Team	Result
100 M.Dash	2022	Erik Fredrickson	Armstrong	11.26
200 M. Dash	2022	Malcolm Randolph	Osseo	23.25
400 M. Dash	2022	Ahmed Khadar	Osseo	52.48
800 M.Dash	2023	Cameron Stocke	Rock Ridge	1:56.83
1600 Meters	2022	Gabriel Birkmeier	Andover	4:23.01
3200 Meters	2023	Noah Breker	Armstrong	9:05.31
110M.Hurdles	2022	Blake Nyenati	Andover	14.72
300 Hurdles	2022	Blake Nyenati	Andover	39.04
4x100	2022		Andover	44.13
4x200	2023		Rosemount	1:32.85
4x400	2022		Andover	3:29.59
4x800	2023		Rock Ridge	8:12.90
Long Jump	2022	MJ Galimah	Coon Rapids	20-09.50
Triple Jump	2023	Sawyer Nelson	Osseo	42-04.50
High Jump	2023	Isaac Ononiwu	Spring Lake Park	6-02.00
Pole Vault	2023	Sebastian Santiago	Spring Lake Park	12-06.00
	2023	Noah Rodenwald	Rosemount	12-06.00
Shot Put	2023	Hayden Bills	Rosemount	61-00.00
Discus	2023	Lance Liu	Rosemount	152-11.00

Girls

Event	Year	Athlete(s)	Team	Result
100 M.Dash	2022	Emily Anderson	Centennial	12.56
200 M. Dash	2022	Ava Cinnamo	Rosemount	25.95
400 M. Dash	2023	Logan Webster	Minneapolis SW	59.97
800 M.Dash	2022	Isabel Wyatt	Minneapolis SW	2:19.41
1600 Meters	2022	Isabel Wyatt	Minneapolis SW	5:18.62
3200 Meters	2023	Caitlyn Osanai	Armstrong	11:07.50
100M.Hurdles	2022	Ava Cinnamo	Rosemount	14.79
300 Hurdles	2022	Kennedy Martinson	Coon Rapids	45.56
4x100	2022		Spring Lake Park	50.72
4x200	2023		Rosemount	1:46.27
4x400	2022		Rosemount	4:08.49
4x800	2023		Centennial	10:05.94
Long Jump	2022	Victoria Laberge	Spring Lake Park	17-00.00
Triple Jump	2022	Ava Cinnamo	Rosemount	40-00.50
High Jump	2022	Meredith Smith	Minneapolis SW	5-02.00
	2023	Cassandra Gospodarek	Rosemount	5-02.00
Pole Vault	2023	Kaitlyn Staurt	Spring Lake Park	10-0
	2023	Ruth Bellrichard	Rosemount	10-0
Shot Put	2022	Ashley Stewart	Spring Lake Park	40-06.00
Discus	2022	Jordan Hecht	Rosemount	130-01.00