

## Kay's Ostrom Invitational

Location and Time: Nevada Union High School, Saturday April 11, 2026 - Field Events Start at 8:00 am. Running events start at 9:00 am.

Facilities Requirements: All-weather track and jump runways (aprons) require ¼ inch spikes.

Format: 4 Divisions- Varsity Girls, Varsity Boys, F/S Girls, and F/S Boys.

Running Events: All running event competitors must check in with the Clerk of the Course for their individual and relay races lane assignments. The Clerk of the Course is located at the start of each event. All athletes in a running event must have a hip number to compete.

Field Events: Field event contestants (e.g., long jump, triple jump, shot put, and discus) must sign in at each field event and will receive Four (4) attempts. There will not be a final.

Medals: Will be awarded to the top three (3) in each event. Medals will be handed out at the awards area on the deck near the snack bar.

Event Results: Results for each track and field event will be posted on [live.milesplit.com](https://live.milesplit.com)

Entry Limit: Entries are limited to 3 Athletes per team per division per race. Teams are allowed 4 entries in the following events: Both Boys and Girls 1600m, and 3200m races, all other events are restricted to only 3 entries per team. Teams will be restricted to only 1 relay team per division. If teams enter more than 3 Athletes per event other than stated, the meet manager will disqualify any entries after the 3rd entry. **Entries will be done on Milesplit.com.**

Warm-ups: Athletes can warm-up on the infield or outside the stadium. Athletes who are not warming up for their event will not be permitted on the infield.

We will combine the varsity and the f/s 3200ms. One heat for girls and one heat for boys. We may do the same for the 1600m depending on the number of entries. We will have open pits for the long and triple jump. We may combine f/s and varsity high jump and open at a lower height and the same for the pole vault.

Admission is free!

Parking: Teams arriving in buses are asked to drop off athletes at the stadium and park on Ridge Road or Sierra College Drive. All others please only park in marked stalls or your vehicle will be towed.

Entry Fees: \$10.00 Per Athlete up to ten athletes per gender  
\$350.00 Max per team (all division)

Make checks out to: Nevada Union Track and Field