

FR-SO SHOWCASE INVITATIONAL

WHO: Freshmen/Sophomore

WHEN: Thursday, March 28, 2024

WHERE: Ripon College

TEAMS: 15 or more schools from around the State

TIME: 4:00 pm – Field Events 3:50 pm - Running Events

BUS LEAVES: 12:30 pm **BUS RETURNS:** around 10:30 pm

<u>ORDER OF EVENTS:</u>	60 m. Hurdles (G/B)	400 m. Dash (G/B)
	60 . Dash (G/B)	800 m. Run (G/B)
	3200 m. Run (slow section)	200 m. Dash (G/B)
	60 m. Hurdle Finals (B/G)	3200 m. Run (G/B)
	60 m. Dash Finals (G/B)	4 x 400 m. Relay (G/B)
	1600 m. Run (G/B)	

Long Jump (G/B), Pole Vault (B/G), Shot (B/G), High Jump (G/B), Triple Jump (B/G)

MEET PROCEDURES: Upon arrival, run 1 warm-up lap.
Warm-up with teammates in same events.
Know when you compete - check order of events.
Make sure you have all of your equipment.
Be sure to show support for your teammates.
Make sure you stretch after your final event.
Report any injuries to a coach immediately.
Be prepared to sub for an injured teammate.
After last event, everyone runs 1 cool-down lap.

EATING PROCEDURES: Eat a good breakfast & lunch. Bring fruit to eat at the meet.

SEATING: Seating is limited. Spectators are encouraged to bring along chairs.

CLEAN – UP: Make sure you collect all of your equipment
Hold equipment for a teammate who is competing.
Make sure you clean up our area before we leave

ADMISSION: \$5.00 – Adults Free – 17 and under

**YOU GAIN STRENGTH, COURAGE, AND CONFIDENCE
WITH EVERY EXPERIENCE!!!**