

W.I.A.A. SECTIONAL CHAMPIONSHIPS

- WHO:** Varsity
- WHEN:** Thursday, May 23, 2024
- WHERE:** Oak Creek High School
- TEAMS:** Arrowhead, Franklin, Greendale, Greenfield, Hamilton, Milw. Bay View, Milw. Hamilton, Milw. Pulaski, Milw. Reagan, Muskego, Pewaukee, South Milwaukee, Waukesha North, Waukesha South, Waukesha West, Whitnall.
- TIME:** 4:00 p.m. – Field Events 4:45 p.m. – Running Events
- RAIN DATE:** Friday, May 24, 2024 (Time Schedule tbd)
- ORDER OF EVENTS:** on back
- STATE MEET QUALIFIERS:** 1. First three places in each event. 2. Individuals and relay teams whose performances in the Sectionals rank among the eight (8) best of all Sectional performances including the first three places in all Sectionals.
- MEET PROCEDURES:** Upon arrival, run 4 x 50/100.
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 4 x 50/100.
- EATING PROCEDURES:** Eat a good breakfast & lunch
Bring fruit or energy bar to eat at the meet.
- CLEAN-UP:** Make sure you collect all of your equipment.
Hold equipment for a teammate who is competing.
Make sure you help put equipment away before you leave.
- ADMISSION:** W.I.A.A. Admission: \$7.00 – Adults & Students
T-Shirts will be on sale.
Must purchase tickets online – no cash sales
<https://gofan.co/app/school/WI19501>

**KNOW THAT THERE IS SOMETHING INSIDE OF YOU
THAT IS GREATER THAN ANY OBSTACLE!!!**

FIELD EVENTS 4:00

Boys Discus (Shot to follow)
Girls Shot (Discus to follow)
Boys Triple Jump (Long to follow)
Girls Long Jump (Triple to follow)
Girls High Jump & Boys High Jump
Boys Pole Vault (Girls to follow)

RUNNING EVENTS 4:45 (will not run ahead of schedule)

1600m Coed Wheelchair – 4:30
3200m Relay (girls) - 4:45
3200m Relay (boys) – 5:00
-----30 minute break-----
100m High Hurdles (girls) - 5:40
110m High Hurdles (boys) – 5:47
100m Coed Wheelchair
100m Dash (girls) – 5:52
100m Dash (boys) – 6:00
1600m Run (girls) – 6:05
1600m Run (boys) – 6:15
800m Relay (girls) – 6:25
800m Relay (boys) – 6:30
400m Dash (girls) – 6:35
400m Dash (boys) – 6:40
400m Relay (girls) – 6:45
400m Relay (boys) – 6:50
300m Low Hurdles (girls) – 6:55
300m Intermediate Hurdles (boys) – 7:00
800m Run (girls) – 7:10
800m Run (boys) – 7:15
200m Run (girls) -7:20
200m Run (boys) -7:25
3200m Run (girls) – 7:30
3200m Run (boys) – 7:45
1600m Relay (girls) – 8:00
1600m Relay (boys) – 8:10