

WISCONSIN LUTHERAN COED INVITATIONAL

WHO: Varsity

WHEN: Saturday, April 20, 2024

WHERE: Wisconsin Lutheran High School

TEAMS: DSHA, Franklin, Germantown, Greendale, Hartford, Kettle Moraine Lutheran, Lakeside Lutheran, Luther Prep, Marquette, Milw. King, Milw. Reagan, Milw. Riverside, Muskego, Pius XI, South Milwaukee, Tosa East, Whitefish Bay, Wisconsin Lutheran

TIME: 9:30 am – Field Events 10:00 am – Running Events

BUS LEAVES: 7:50 am **BUS RETURNS:** around 3:15 pm

<u>ORDER OF EVENTS:</u>	4 x 800 m. Relay	4 x 100 m. Relay
	100/110 m. High Hurdles	300 m. Low/Intermediate Hurdles
	100 m. Dash	800 m. Run
	1600 m. Run	200 m. Dash
	4 x 200 m. Relay	3200 m. Run
	400 m. Dash	4 x 400 m. Relay

Shot Put(B/G), Discus(G/B), LJ(B/G), TJ(G/B), Pole Vault(G/B), High Jump(2 pits)

MEET PROCEDURES: Upon arrival, do 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 does 4 x 50/100.

EATING PROCEDURES: Eat a good breakfast & lunch
Bring fruit 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 clean up our area before we leave

LIVE RESULTS: live.wiscotrack.com

AWARDS: Medals to the top six competitors in ind. events; Top three relays.

ADMISSION: \$5.00 – Adults, \$3.00 – Seniors & High School, \$1.00 – Grade School

**IF YOU WANT SOMETHING YOU'VE NEVER HAD,
YOU MUST BE WILLING TO DO SOMETHING YOU'VE NEVER DONE!!!**