

WISCONSIN LUTHERAN VIKING COED JV INVITATIONAL

WHO: JV

WHEN: Friday, April 19, 2024

WHERE: Wisconsin Lutheran High School

TEAMS: Muskego, Franklin, South Milwaukee, Pius XI, Wis. Lutheran

TIME: 4:00 pm – Field Events 4:00 pm – Running Events

BUS LEAVES: 2:15 pm **BUS RETURNS:** around 8:30 pm

EXCUSED AT: 2:00 pm

ORDER OF EVENTS:

3200 m. Run	800 m. Run
1600 m. Run	300 m. Low/Intermediate Hurdles
100/110 m. Low Hurdles	100 m. Dash
200 m. Dash	400 m. Dash

Shot (B/G), Discus (G/B), High Jump (2 pits), LJ & TJ – Coed Open Pit, Pole Vault (G/B)

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 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

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

**DO MORE THAN JUST TALK; ACT
DO MORE THAN JUST PROMISE; DELIVER!!!**