

## 13<sup>th</sup> ANNUAL RICHMOND/ERICKSON INVITATIONAL

**WHO:** Varsity

**WHEN:** Wednesday, May 8, 2024

**WHERE:** Hart Park – Wauwatosa (N.72<sup>nd</sup> St. & State St.)

**TEAMS:** Franklin, Germantown, Grafton, NB Eisenhower, Nicolet, Port Washington, SM, Waterford, Wauwatosa East, Wauwatosa West, Wisconsin Lutheran

**TIME:** 3:45 pm – PV      4:00 - Field Events      4:15 pm – Running Events

**BUS LEAVES:** 2:00 pm      **EXCUSED:** 1:45 pm      **BUS RETURNS:** around 9:00 pm

<b><u>ORDER OF EVENTS:</u></b>	600 m. Run (G/B)	400 m. Dash (G/B)
	4 x 800 m. Relay (G/B)	4 x 100 m. Relay (G/B)
	100/110 m. High Hurdles (G/B)	300 m. Low/Inter Hurdles (G/B)
	100 m. Dash (G/B)	800 m. Run (G/B)
	1,000 m. Run (G/B)	200 m. Dash (G/B)
	1600 m. Run (G/B)	3200 m. Run (G/B)
	4 x 200 m. Relay (G/B)	4 x 400 m. Relay (G/B)

HJ – B/G, LJ – B/G, TJ – G/B, Shot – B/G, Discus – G/B, PV – 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

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

**ADMISSION:** \$5.00 – Adults & \$4.00 - Students  
**Must purchase tickets online:** GOFAN app or  
<https://gofan.co/event/1418283?>

**IN MY MOMENTS OF DOUBT, I'VE TOLD MYSELF:  
IF NOT ME, WHO? IF NOT NOW, WHEN?!!!**