

## WOODLAND CONFERENCE EAST JV INDOOR INVITATIONAL

**WHO:** JV

**WHEN:** Tuesday, April 2, 2024

**WHERE:** Milwaukee Lutheran High School

**TEAMS:** Brown Deer, Cudahy, Greenfield, Milw. Lutheran, Shorewood, South Milwaukee, Whitnall.

**TIME:** 3:00 pm – Field Events 4:00 pm – Running Events

**EXCUSED AT:** 1:00 pm **BUS LEAVES:** 1:15 pm **BUS RETURNS:** around 9:20 pm

<b><u>ORDER OF EVENTS:</u></b>	1600 m. Wheelchair	400 m. Wheelchair
	3200 m. Relay (G/B)	400 m. Dash (G/B)
	55 m. Hurdle Finals (G/B)	4 Lap Relay (G/B)
	55 m. Wheelchair	800 m. Wheelchair
	55 m. Dash (G/B)	800 m. Run (G/B)
	1600 m. Run (G/B)	200 M. Dash (G/B)
	6 Lap Relay (G/B)	3200 m. Run (G/B)
		4 x 400 m. Relay (G/B)

Triple Jump (B & G), Long Jump (B & G), after competition of Triple Jump)  
High Jump (B/G), Shot (B/G), Pole Vault (G/B)

**MEET PROCEDURES:** Upon arrival, run 1 warm-up laps.  
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 laps.

**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

**ADMISSION:** Adults - \$5.00, Students & Seniors - \$3.00  
Purchase tickets online: [Hometownticketing.com](http://Hometownticketing.com)

**CONCESSIONS:** Concession stand will be opened during the meet.

**YOU DON'T GET WHAT YOU WISH FOR,  
YOU GET WHAT YOU WORK FOR!!!**