

## **WOODLAND CONFERENCE EAST DIVISION RELAY CHAMPIONSHIPS**

**WHO:** Varsity

**WHEN:** Tuesday, May 2, 2023

**WHERE:** Shorewood High School

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

**TIME:** Girls Pole Vault – 3:30 pm      Rest of the Field Events & 4 x 1600 m. Relay – 4:00 pm  
All other running events – 6:00 pm

**BUS LEAVES:** 1:45 pm

**BUS RETURNS:** 9:00 pm

**EXCUSED:** around 1:30 pm

**SCHEDULE OF EVENTS:** on back

**MEET PROCEDURES:** Upon arrival, 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

**ADMISSION:**

Adult - \$5.00, Students/Seniors(65+) - \$3.00, No Passes

Child(7-12) - \$1.00 **Purchase online at JAG Tickets**

**THE BEST THING TO HOLD ON TO IN LIFE  
IS EACH OTHER!!!**

## **WOODLAND CONFERENCE EAST DIVISION RELAY CHAMPIONSHIPS**

### **Order of Events**

#### **Field Events**

- 3:30 pm Pole Vault – Girls than Boys
- 4:00 pm Shot Put - Girls than Boys  
Discus – Boys than Girls  
High Jump – Boys than Girls  
Long Jump – Girls than Boys  
Triple Jump – Boys than Girls

#### **Running Events**

- 4:00 pm 4 x 1600 m. Relay – B/G
- 6:00 pm 330 Meter High Hurdle Shuttle - Boys  
300 Meter High Hurdle Shuttle - Girls  
4 x 100 Meter Relas B/G  
Distance Medley (1200-400-800-1600) – B/G  
Sprint Medley Relay (400-200-100-100) – B/G  
900 Meter Intermediate Hurdles - Boys  
900 Meter Low Hurdles - Girls  
4 x 200 Meter Relay B/G  
4 x 800 Meter Relay B/G  
4 x 400 Meter Relay B/G