

GREENDALE JV INVITATIONAL

WHO: JV
WHEN: Wednesday, April 24, 2024
WHERE: Greendale High School
TEAMS: Cudahy, Martin Luther, Milw. Lutheran, Milw. Reagan, Pius, Rufus King, Shorewood, South Milwaukee, St. Augustine Prep, St. Joan Antida, W. A. Central

TIME: 3:45 p.m. – Field Events 4:15 p.m. – Running Events

BUS LEAVES: 2:15 p.m. **BUS RETURNS:** around 8:30 p.m.

EXCUSED FROM CLASS: 2:00 p.m.

ORDER OF EVENTS:

100 m. Hurdle Trials (G/B)	4 x 100 m. Relay (G/B)
100 m. Dash Trials (G/B)	300 m. Low Hurdles (G/B)
1600 m. Run (G/B)	800 m. Run (G/B)
4 x 200 m. Relay (G/B)	200 m. Dash (G/B)
400 m. Dash (G/B)	4 x 400 m, Relay (G/B)

High Jump (B/G), Pole Vault (G/B), Shot Put (G/B), Discus (B/G), Long Jump (G/B), Triple Jump (B/G)

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

ADMISSION: \$3.00 – Adults \$2.00 – High School Students.

THE HABIT OF PERSISTANCE IS THE HABIT OF VICTORY!!!