

2024 W/TFA STATE INDOOR CHAMPIONSHIPS

WHO: Varsity
WHEN: Saturday, April 6, 2024
WHERE: UW-Whitewater
TEAMS: Many of the top teams in Wisconsin and a few teams from Illinois.
TIME: 9:30 am – Field & Running Events, 10:30 am – Triple Jump

VAN LEAVES: 7:00 am **VAN RETURNS:** around 3:00 pm

ORDER OF EVENTS:

9:30 pm	60 m. Dash Prelims	4 x 200 m. Relay
	60 m. Hurdles Prelims	800 m. Run
	400 m. Dash	60 m. H. Hurdle Finals
	60 m. Dash Semi-Finals	60 m. Dash Finals
	60 m. Hurdles Semi-Finals	4 x 400 m. Relay Final
	1600 m. Run	

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: \$10.00 – Adults \$5.00 – Children (6-12), Children (under 6 – free)
T-shirts must be purchased online.

THE HABIT OF PERSISTENCE IS THE HABIT OF VICTORY!!!