

31st ANNUAL ROCKET FRESHMEN/JV INVITATIONAL

WHO: Freshmen & JV - Coed

WHEN: Saturday, May 11, 2024

WHERE: South Milwaukee High School

TEAMS: Cudahy, Greendale, Kenosha Bradford, NB Eisenhower, NB West, Oak Creek, Racine Case, Racine Horlick, Racine Park, Racine St. Catherine's, St. Francis, St. Thomas More, & SM

TIME: 9:30 am– Field Events, 10:30 am – Running Events

REPORT TO TRACK: 8:30 am workers report

ORDER OF EVENTS:

100/110 m. H. Hurdles (G/B)	300 m. L & I Hurdles (G/B)
100 m. Dash (G/B)	800 m. Run (G/B)
1600 m. Run (G/B)	200 m. Dash (G/B)
4 x 200 m. Relay (G/B)	3200 m. Run (G/B)
400 m. Dash (G/B)	4 x 400 m. Relay (G & B)
4 x 100 m. Relay (GB)	

Shot (G/B), Discus (B/G), High Jump (G & B), Pole Vault (G/B), Long Jump (Open Pit), Triple Jump (Open Pit)

MEET PROCEDURES: Upon arrival, everyone does 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.
Hold equipment for a teammate who is competing.
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
Bring fruit to eat at the meet.

CLEAN – UP: Make sure you collect all of your equipment
Make sure camp area is cleaned up before we leave.

IF A PERSON WHO CANNOT COUNT FINDS A 4 LEAF CLOVER, ARE THEY STILL LUCKY?