

VIKING COED TRACK & FIELD INDOOR INVITATIONAL

WHO: Varsity

WHEN: Saturday, March 16, 2024

WHERE: UW-Parkside

TEAMS: Kenosha Tremper, West Bend West, Kettle Moraine Lutheran, Muskego, St. Thomas More, Waukesha West, Whitefish Bay, Whitnall, Burlington, New Berlin West, Indian Trails, Waukesha North, Brookfield Central, Kewaskum, Hartford, Arrowhead,

TIME: 9:00 am – Field Events 9:30 a.m. - Running Events

BUS LEAVES: 7:00 am **BUS RETURNS:** around 4:15 pm

<u>ORDER OF EVENTS:</u>	3200 m. Relay(G/B)	4 x 200 m. Relay(G/B)
	55 m. H. Hurdle Prelims(G/B)	400 m. Dash(G/B)
	55 m. Dash Prelims(G/B)	55 m. L. Hurdle Finals(G/B)
	55 m. L. Hurdle Prelims(G/B)	800 m. Run(G/B)
	55 m. H. Hurdle Finals(G/B)	200 m. Dash(G/B)
	55 m. Dash Finals(G/B)	3200 m. Run(G/B)
	1600 m. Run(G/B)	4 x 400 m. Relay(G/B)

Long Jump (G/B), Pole Vault (G/B), Shot (B/G), High Jump (B/G), Triple Jump (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. Bring fruit to eat at the meet.

SEATING: Seating is limited. Spectators are encouraged to bring along chairs.

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: \$5.00 – Adults \$3.00 – High Students & Seniors, \$1.00 - K-8

**DREAMING IS WONDERFUL, GOAL SETTING IS CRUCIAL,
BUT ACTION IS SUPREME!!!**