

WOODLAND CONFERENCE OUTDOOR CHAMPIONSHIPS

- WHO:** Varsity
- WHEN:** Tuesday, May 14, 2024 (Rain date is Wednesday, May 15, 2024)
- WHERE:** Wisconsin Lutheran High School
- TEAMS:** Cudahy, Brown Deer, Greendale, Greenfield, Milwaukee Lutheran, New Berlin
Eisenhower, New Berlin West, Pius XI, Shorewood, South Milwaukee, Whitnall,
Wisconsin Lutheran
- TIME:** 3:00 pm – All Other Field Events
4:00 pm – Running Events

EXCUSED FROM CLASS: 1:15 pm – Bus leaves at 1:30 pm

ORDER OF EVENTS: on back

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.
A concession will be open during 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: Adults - \$5.00, High School Students & Seniors - \$3.00,
Grade Students - \$1.00

**RUNNING IS NOT ABOUT BEING BETTER THAN SOMEONE
ELSE, ITS' ABOUT BEING THAN YOU USE TO BE!!!**

ORDER OF EVENTS:

Field Events:

3:00 Shot – Boys/Girls, Discus – Girls/Boys, Long Jump – Boys/Girls,
Triple Jump – Girls/Boys, High Jump – Boys & Girls, Pole Vault – Girls/Boys

Running Events:

4:00 3200 m. Relay (G/B)
100/110 m. High Hurdle semi-finals (G/B)
100 m. Dash semi-finals (G/B)

20 minute break

100/110 m. High Hurdle Finals (G/B)
100 m. Dash Finals (G/B)
1600 m. Run (G/B)
4 x 200 m. Relay (G/B)
400 m. Dash (G/B)
4 x 100 m. Relay (G/B)
300 m. Low/Intermediate Hurdles (G/B)
800 m. Run (G/B)
200 m. Dash Finals (G/B)
3200 m. Run (G/B)
4 x 400 m. Relay (G/B)