

OAK CREEK JV COED INVITATIONAL

WHO: JV
WHEN: Thursday, May 2, 2024
WHERE: Oak Creek High School
TEAMS: Brookfield Central (B), Brookfield East (G), Indian Trails, Mukwonago, NB West, Oak Creek, Tosa East, Tosa West
TIME: 3:30 p.m. – Field Events 3:45 p.m. – Running Events

BUS LEAVES: 2:15 pm **EXCUSED AT:** 2:00 pm **BUS RETURNS:** around 7:30 p.m.

<u>ORDER OF EVENTS:</u>	1600 m. Run (G/B)	800 m. Run (G/B)
	100/110 Hurdles (G/B)	100 m. Dash (G/B)
	3200 m. Run (G/B)	400 m. Dash (G/B)
	200 m. Dash (G/B)	4 x 400 m. Relay (G/B)
	300 m. Hurdles (G/B)	
	Pole Vault (G/B)	High Jump (G – east pit, B – west pit)
	Long Jump (north pit)	Triple Jump (south pit)
	Shot Put (G/B)	Discus (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
Make sure you clean up our area before we leave

ADMISSION: FREE

**HARD WORK DOESN'T GUARENTEE SUCCESS,
BUT GREATLY IMPROVES IT CHANCES!!!**