

WOODLAND CONFERENCE JV OUTDOOR CHAMPIONSHIPS

WHO: JV
WHEN: Thursday, May 18, 2023
WHERE: Whitnall High School
TEAMS: Brown Deer, Cudahy, Greenfield, Milw. Lutheran, Shorewood, South Milwaukee, Whitnall

TIME: 3:00 pm – Field Events 4:00 p.m. – Running Events

BUS LEAVES: 1:30 pm **BUS RETURNS:** 9:30 pm

EXCUSED AT: 1:15 pm

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| <u>ORDER OF EVENTS:</u> | 3200 m. Relay(G/B) | 800 m. Relay(G/B) | 800 m. Run(G/B) |
| | 100/110 Hurdles(G/B) | 400 m. Dash(G/B) | 200 m. Dash(G/B) |
| | 100 m. Dash(G/B) | 400 m. Relay(G/B) | 3200 m. Run(G/B) |
| | 1600 m. Run(G/B) | 300 m. Hurdles(G/B) | 1600 m. Relay(G/B) |
| | High Jump (G/B) | Long Jump (G/B) | |
| | Triple Jump (B/G) | Discus (B/G) | |
| | Shot (G/B) | Pole Vault (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.
Concession be available for this 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: FREE

DO WHAT YOU CAN WHERE YOU ARE WITH WHAT YOU'VE GOT!!!
- THEODORE ROOSEVELT