

WOODLAND CONFERENCE EAST DIVISION RELAY CHAMPIONSHIPS

- WHO:** Varsity
- WHEN:** Tuesday, April 30, 2024
- WHERE:** South Milwaukee High School
- TEAMS:** Brown Deer, Cudahy, Greenfield, Milwaukee Lutheran, Shorewood, South Milwaukee, Whitnall
- TIME:** Girls Pole Vault – 3:30 pm Rest of the Field Events & 4 x 1600 m. Relay – 4:00 pm
All other running events – 6:00 pm

EXCUSED: Field Events & 4 x 1600 at 2:30, Rest of Team & workers be at Track by 3:15 pm

SCHEDULE OF EVENTS: on back

MEET PROCEDURES: After set up is complete: 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
Hold equipment for a teammate who is competing.
Make sure you clean up our area before we leave

ADMISSION: Adult - \$5.00, Students/Seniors(60+) - \$3.00, No Passes
Child(12 - under) - \$2.00 (**Cash or South Milwaukee GoFan Site**)

**SUCCESS IS THE MAXIMUM UTILIZATION OF THE
ABILITY THAT YOU ALREADY HAVE!!!**

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Order of Events

Field Events

- 3:30 pm Pole Vault – Boys than Girls
- 4:00 pm Shot Put – Boys than Girls
Discus – Girls than Boys
High Jump – Boys than Girls
Long Jump – Boys than Girls
Triple Jump – Girls than Boys

Running Events

- 4:00 pm 4 x 1600 m. Relay – (G/B)
- 6:00 pm 300 Meter High Hurdle Composite - Girls
330 Meter High Hurdle Composite - Boys
4 x 100 Meter Relay (G/B)
Distance Medley (1200-400-800-1600) – (G/B)
Sprint Medley Relay (400-200-100-100) – (G/B)
900 Meter Low Hurdles - Girls
900 Meter Intermediate Hurdles - Boys
4 x 200 Meter Relay (G/B)
4 x 800 Meter Relay (G/B)
4 x 400 Meter Relay (G/B)