

ARROWHEAD MYRHUM INVITATIONAL

WHO: Varsity

WHEN: Saturday, May 4, 2024

WHERE: Hartland Arrowhead High School

TEAMS: Many of the best teams and individuals from all over Wisconsin

TIME: 12:30 pm – Long Jump 2:00 pm – Rest of Field Events 2:15 pm - 3200 m. Relay

VAN LEAVES: 1:15 pm **VAN RETURNS:** around 7:30 p.m.

<u>ORDER OF EVENTS:</u>	2:15 pm - 4 x 800 m. Relay (G/B)	400 m. Dash (G/B)
	1500 m. Coed Wheelchair	4 x 100 m. Relay (G/B)
	3:00 pm - 100/110 m. High Hurdles	300 m. Low/Inter. Hurdles (G/B)
	100 m. Wheelchair	800 m. Wheelchair
	100 m. Dash (G/B)	800 m. Run (G/B)
	100 m. Special Olympics	200 m. Dash (G/B)
	1600 m. Run	3200 m. Run (G/B)
	4 x 200 m. Relay	4 x 400 m. Relay (G/B)
	400 m. Wheelchair	4 x 400 m. Relay (Co-Ed)

Long Jump – Boys west pit, Girls east pit, Triple Jump – same as LJ
Shot Put – B/G, Discus – G/B,
High Jump – B & G, 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.

CLEAN – UP: Make sure you collect all of your equipment
Make sure you clean up our area before we leave

ADMISSION: \$6.00 – Adults \$3.00 – Students 6 and under & over 60 free
(Cash or Credit)

**THE GREATER THE DIFICULTY,
THE GREATER THE GLORY!!!**