

WISCONSIN LUTHERAN VIKING COED JV INVITATIONAL

WHO: JV

WHEN: Friday, April 24, 2026

WHERE: Wisconsin Lutheran High School

TEAMS: Muskego, Franklin, South Milwaukee, Pius XI, Wis. Lutheran

TIME: 4:00 pm – Field Events 4:00 pm – Running Events

BUS LEAVES: 2:15 pm **BUS RETURNS:** around 8:30 pm

EXCUSED AT: 2:00 pm

<u>ORDER OF EVENTS:</u>	1600 m. Run	300 m. Low Hurdles
	100 Low Hurdles	100 m. Dash
	200 m. Dash	400 m. Dash
	800 m. Run	3200 m. Run

Shot (B/G), Discus (G/B), High Jump (2 pits), LJ & TJ – Coed Open Pit, Pole Vault (G & B)

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
Hold equipment for a teammate who is competing.
Make sure you clean up our area before we leave.

LIVE RESULTS: live.wiscotrack.com

ADMISSION: \$6.00 – Adults, \$4.00 – Senior & High School, \$2.00 – Grade School
Bound, card, or cash accepted.

**MANY PEOPLE RECEIVE ADVICE;
ONLY THE WISE PROFIT FROM IT!!!**