

SOUTH MILWAUKEE VARSITY/JV COED TRACK MEET

WHO: JV

WHEN: Thursday, April 30, 2026

WHERE: South Milwaukee High School

TEAMS: Brown Deer, Greenfield, Milw. Reagan, Whitnall

TIME: 3:30 pm – Pole Vault, 4:00 – Field Events 4:30 pm – Running Events

EXCUSED AT: 2:00 pm

ARRIVE AT TRACK: 2:25 pm

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

|

Shot (G/B), Discus (B/G), High Jump (G & B), Pole Vault (G/B),
Long Jump & Triple Jump – open pit for B & G

MEET PROCEDURES: After pole vault pit is set up, everyone does 4 x 50/100
Warm-up with teammates in same events.
Know when you compete - check order of event.
Be sure to show support for your teammates.
Hold equipment for a teammate who is competing.
Make sure you stretch after your final event.
Report any injuries to a coach immediately.
After last event, everyone does 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 camp area is cleaned up before we leave.

**MAKE NO EXCUSES,
EXCEPT NO EXCUSES!!!**