

SOUTH MILWAUKEE VARSITY/JV COED TRACK MEET

WHO: Varsity & JV
WHEN: Thursday, April 16, 2026
WHERE: South Milwaukee High School
TEAMS: Cudahy, Greendale, Messmer, New Berlin West, St. Francis, St. Thomas More, Wisconsin Lutheran

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

ORDER OF EVENTS:

1600 m. Run	800 m. Run
100 m. Low Hurdles	300 m. Low/Intermediate Hurdles
100 m. High Hurdles	100 m. Dash
110 m. Intermediate Hurdles	400 m. Dash
110 m. High Hurdles	3200 m. Run
200 m. Dash	

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.

**THE BEST PREPERATION FOR TOMORROW IS TO
DO TODAY'S WORK SUPERLY WELL!!!**