

## **ARROWHEAD MYRHUM INVITATIONAL**

**WHO:** Varsity  
**WHEN:** Saturday, May 10, 2025  
**WHERE:** Hartland Arrowhead High School  
**TEAMS:** Many of the best teams and individuals from all over Wisconsin

**VAN LEAVES:** 11:00 pm      **VAN RETURNS:** around 7:30 p.m.

<b><u>ORDER OF EVENTS:</u></b>	12:00 –	1600 m. Run Section 1 (G/B)	400 m. Dash (G/B)
		3200 m. Run Section 1 (G/B)	4 x 100 m. Relay (G/B)
		4 x 800 Relay (G/B)	300 m. L/I Hurdles (G/B)
		100 m. Wheelchair (G/B)	800 m. Wheelchair (G/B)
		100/110 H. Hurdles (G/B)	800 m. Run (G/B)
		100 m. Special Olympics	200 m. Dash (G/B)
		1600 m. Run Section 2 (G/B)	3200 m. Run Section 2 (G/B)
		4 x 200 m. Relay (G/B)	4 x 400 m. Relay (G/B)
		400 m. Wheelchair (G/B)	4 x 400 m. Relay (Co-Ed)
	11:30	Long Jump – Boys west pit, Girls east pit, Triple Jump – same as LJ	
	11:00	Shot Put – G/B, Discus – B/G	
	1:00	High Jump – 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      \$4.00 – Students      6 and under & over 60 free  
(Cash or Credit)

**CHALLENGES ARE WHAT MAKES LIFE INTERESTING;  
OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFULL!!!**