

## **31<sup>st</sup> ANNUAL ROCKET FRESHMEN/JV INVITATIONAL**

**WHO:** Freshmen & JV - Coed

**WHEN:** Saturday, May 11, 2024

**WHERE:** South Milwaukee High School

**TEAMS:** Cudahy, Greendale, Kenosha Bradford, NB Eisenhower, NB West, Oak Creek, Racine Case, Racine Horlick, Racine Park, Racine St. Catherine's, St. Francis, St. Thomas More, & SM

**TIME:** 9:30 am– Field Events, 10:30 am – Running Events

**REPORT TO TRACK:** Workers – 7:30 am, Everyone else – 8:30 am

<b><u>ORDER OF EVENTS:</u></b>	4 x 800 m. Relay (G/B)	4 x 100 m. Relay (G/B)
	100/110 m. H. Hurdles (G/B)	300 m. L & I Hurdles (G/B)
	100 m. Dash (G/B)	800 m. Run (G/B)
	1600 m. Run (G/B)	200 m. Dash (G/B)
	4 x 200 m. Relay (G/B)	3200 m. Run (G/B)
	400 m. Dash (GB)	4 x 400 m. Relay (G/B)

Shot (G/B), Discus (B/G), High Jump (G & B), Pole Vault (G/B), Long Jump (Open Pit), Triple Jump (Open Pit)

**MEET PROCEDURES:** Upon arrival, everyone does 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.  
Hold equipment for a teammate who is competing.  
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  
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.

**IF A PERSON WHO CANNOT COUNT FINDS A 4 LEAF CLOVER, ARE THEY STILL LUCKY?**