

2025 W/TFA STATE INDOOR CHAMPIONSHIPS

WHO: Varsity
WHEN: Saturday, April 5, 2025
WHERE: UW-Whitewater
TEAMS: Most of the top teams in Wisconsin and a few teams from Illinois.
TIME: 4:30 am – Field & Running Events,

VAN LEAVES: 2:00 pm **VAN RETURNS:** around 10:00 pm

ORDER OF EVENTS:

4:30 pm	60 m. Dash Prelims	7:20	4 x 200 m. Relay
5:15	60 m. Hurdles Prelims	8:10	800 m. Run
5:40	400 m. Dash	8:35	60 m. Dash Finals
6:10	60 m. Dash Semi-Finals	8:40	60 m. H. Hurdles Finals
6:20	60 m. Hurdles Semi-Finals	8:45	4 x 400 m. Relay Final
6:35	1600 m. Run		

MEET PROCEDURES: Upon arrival, run 4 x 50 jog & 100 walk.
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, run 4 x 50 walk & 100 jog.

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

ADMISSION: \$10.00 – Adults \$5.00 – Children (6-12), Children (under 6 – free)
T-shirts must be purchased online.

THERE ARE NO SHORTCUTS TO ANY PLACE WORTH GOING TO!!!