

WOODLAND CONFERENCE INDOOR CHAMPIONSHIPS

WHO: Varsity
WHEN: Wednesday, April 9, 2025
WHERE: Milwaukee Lutheran High School
TEAMS: Brown Deer, Cudahy, Greenfield, Milw. Lutheran, Shorewood, SM, Whitnall
TIME: 3:00 pm – Shot Put, High Jump, Triple Jump followed by Long Jump.
4:00 pm – Running Events

BUS LEAVES: 1:30 pm **EXCUSED AT:** 1:15 pm **BUS RETURNS:** 9:30 pm

<u>ORDER OF EVENTS:</u>	1600 m. Wheelchair	6 Lap Relay Finals (G/B)
	4 x 800 m. Relay (G/B)	400 m. Wheelchair
	55 m. Dash Prelims (G/B)	400 m. Dash Finals (G/B)
	55 m. High Hurdles Prelims(B/G)	4 Lap Relays Finals (G/B)
	15 minute break	800 m. Wheelchair
	55 m. High Hurdle Finals (G/B)	800 m. Run Finals (G/B)
	55 m. Dash Finals G/B)	200 m. Dash Finals (G/B)
	55 m. Wheelchair	3200 m. Run Finals (G/B)
	1600 m. Run Finals (G/B)	1600 m. Relay Finals (G/B)

Triple Jump (G/B), then Long Jump (B & G), Shot Put (B/G), High Jump (G/B).

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, everyone runs 4 x 50 jog, 100 walk.

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

SPECTATORS: There are some bleachers, bring your own chair

ADMISSION: \$5.00 (children under the age of 6 and seniors 65 and older are free)

**GREAT PEOPLE ARE THOSE WHO MAKE OTHERS FEEL THAT
THEY, TOO, CAN BECOME GREAT!!!**