

## **GREENDALE JV INVITATIONAL**

**WHO:** JV  
**WHEN:** Wednesday, April 30, 2025  
**WHERE:** Greendale High School  
**TEAMS:** Cudahy, Martin Luther, Milw. Lutheran, Milw. Reagan, Pius, Rufus King,  
Shorewood, South Milwaukee, St. Augustine Prep, St. Joan Antida, W. A. Central

**TIME:** 3:45 p.m. – Field Events 4:00 p.m. – Running Events

**BUS LEAVES:** 2:15 p.m. **BUS RETURNS:** around 8:30 p.m.

**EXCUSED FROM CLASS:** 2:00 p.m.

<b><u>ORDER OF EVENTS:</u></b>	100 m. Hurdle Trials (G/B)	4 x 100 m. Relay (G/B)
	100 m. Dash Trials (G/B)	300 m. Low Hurdles (G/B)
	1600 m. Run (G/B)	800 m. Run (G/B)
	4 x 200 m. Relay (G/B)	200 m. Dash (G/B)
	400 m. Dash (G/B)	4 x 400 m, Relay (G/B)

High Jump (B & G), Pole Vault (G/B), Shot Put (G/B), Discus (B/G),  
Long Jump (G/B), Triple Jump (B/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  
Hold equipment for a teammate who is competing.  
Make sure you clean up our area before we leave

**ADMISSION:** \$3.00 – Adults \$2.00 – High School Students.

**WE CANNOT SHINE IF WE HAVE NOT TAKEN  
THE TIME TO FILL OUR LAMPS!!!**