

SOUTH MILWAUKEE VARSITY/JV COED TRACK MEET

WHO: Varsity & JV - Coed

WHEN: Wednesday, April 16, 2025

WHERE: South Milwaukee High School

TEAMS: Cudahy, Greendale, Messmer, New Berlin West, St. Francis, St. Thomas More,
Wisconsin Lutheran

TIME: 3:30 pm – Pole Vault, 4:00 – Field Events 4:30 pm – Running Events

EXCUSED AT: End of 7th hour

ARRIVE AT TRACK: 2:25 pm

<u>ORDER OF EVENTS:</u>	100/110 m. H. Hurdles	800 m. Run
	100 m. Dash	300 m. Low/Intermediate Hurdles
	1600 m. Run	200 m. Dash
	4 x 200 m. Relay	3200 m. Run
	400 m. Dash	4 x 400 m. Relay
	4 x 100 m. Relay	

Shot (G/B), Discus (B/G), High Jump (G & B), Pole Vault (G/B),
Long Jump & Triple Jump – open pit for B & G

MEET PROCEDURES: After pole vault pit is set up, everyone does 4 x 50/100
Warm-up with teammates in same events.
Know when you compete - check order of event.
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.
After last event, everyone does 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 camp area is cleaned up before we leave.

**SUCCESS IS THE MAXIMUM UTILIZATION OF
THE ABILITY THAT YOU ALREADY HAVE!!!**