

## CARLETON SITZ INVITATIONAL

**WHO:** Varsity

**WHEN:** Saturday, April 25, 2026

**WHERE:** Wisconsin Lutheran High School

**TEAMS:** Catholic Memorial (boys), DSHA, Fox Valley Lutheran, Franklin (boys), Germantown, Greendale, Hartford, Lakeside Lutheran, Luther Prep, Marquette, Milw. King, Milw. Reagan, Milw. Riverside, Muskego, Oak Creek (girls), Pius XI, Shorewood, The Prairie School, Tosa East, Whitefish Bay, Wis. Lutheran

**TIME:** 9:30 am – Field Events & 9:45 am- Running Events

**BUS LEAVES:** 7:30 a.m. **BUS RETURNS:** around 3:00 p.m.

<b><u>ORDER OF EVENTS:</u></b>	3200 m. Relay (G/B)	400 m. Relay (G/B)
	100/110 H. Hurdle (G/B)	300 m. Low/Intermediate Hurdles (G/B)
	100 m. Dash (G/B)	800 m. Run (G/B)
	1600 m. Run (G/B)	200 m. Dash (G/B)
	800 m. Relay (G/B)	3200 m. Run (G/B)
	400 m. Dash (G/B)	1600 m. Relay (G/B)

Shot – B/G, Discus – G/B, Long Jump – B/G, Triple Jump – G/B, Pole Vault – G/B, High Jump – B & G

**MEET PROCEDURES:** Upon arrival, 4 x 50 jog and 100 walk.  
Warm-up with teammates in same events.  
Know when you compete - check order of events.  
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 4 x 50 jog and 100 walk.

**EATING PROCEDURES:** Eat a good breakfast. 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

**LIVE RESULTS:** [live.wiscotrack.com](http://live.wiscotrack.com)

**AWARDS:** Medals to the top six competitors in ind. events; top three in relays

**ADMISSION:** \$6.00 – Adults, \$4.00 – High School Students & Seniors, \$2.00 – K-8,  
(Bound & cash accepted)

**NO RADIOS OR CELL PHONES OF ANY SORT ARE TO BE USED DURING THE MEET.**

**WITHOUT LEAPS OF IMAGINATION OR DREAMING,  
WE LOSE THE EXCITEMENT OF POSSIBILITIES!!!**