

## **VIKING COED JV TRACK & FIELD INDOOR INVITATIONAL**

**WHO:** Varsity

**WHEN:** Friday, March 21, 2025

**WHERE:** UW-Parkside

**TEAMS:** Brookfield Central, Brookfield East, DSHA, Franklin, Hamilton, Indian Trail, Ken. Tremper, Kingdom Prep, Marquette, Muskego, Oak Creek, SM, Westosha Central, Wis. Lutheran

**TIME:** 4:30 – Field Events      4:30 pm - Running Events

**BUS LEAVES:** 2:15 pm      **BUS RETURNS:** around 8:00 pm

**EXCUSED AT:** 2:00 pm

<b><u>ORDER OF EVEN</u></b>	4 x 800 m. Relay(G/B)	400 m. Dash (G/B)
	55 m. Low Hurdles(G/B)	800 m. Run (G/B)
	55 m. Dash (G/B)	200 m. Dash G/B)
	1600 m. Run (G/B)	4 x 400 m. Relay (G?B)
	4 x 200 m. Relay (G/B)	

Long Jump (B/G), Pole Vault (G/B), Shot (B/G), High Jump (G/B)

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

**EATING PROCEDURES:** Eat a good breakfast. Bring fruit to eat at the meet.

**SEATING:** Seating is limited. Spectators are encouraged to bring along chairs.

**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:** \$5.00 – Adults      \$3.00 – High Students & Seniors,      \$1.00 - K-8  
Cash and card accepted

**THE WORLD NEEDS DREAMERS & THE WORLD NEEDS DOERS.  
BUT MOST OF ALL, THE WORLD NEEDS DREAMERS WHO DO!!!**