

PERFORMANCE RUNNING OUTFITTERS INVITATIONAL

WHO: Varsity

WHEN: Saturday, March 22, 2025

WHERE: UW-Parkside

TEAMS: Hartford, West Bend West, Brookfield Central, Kenosha Tremper, Kettle Moraine Lutheran, Shoreland Lutheran, Muskego, Racine Case, St. Thomas More, Waukesha West, Tosa West, Whitefish Bay, Whitnall, Burlington, Shorewood, Kenosha Indian Trail, Wis. Lutheran

TIME: 9:00 am – Field Events & 9:15 am- Running Events

BUS LEAVES: 7:00 a.m. **BUS RETURNS:** around 3:15 p.m.

<u>ORDER OF EVENTS:</u>	3200 m. Relay(G/B)	800 m. Relay(G/B)
	55 m. H. Hurdle Prelims(G/B)	400 m. Dash(G/B)
	55 m. Dash Prelims(G/B)	55 m. L. Hurdle Finals(G/B)
	55 m. L. Hurdle Prelims(G/B)	800 m. Run(G/B)
	55 m. H. Hurdle Finals(G/B)	200 m. Dash(G/B)
	55 m. Dash Finals(G/B)	3200 m. Run(G/B)
	1600 m. Run(G/B)	1600 m. Relay(G/B)

Shot – B/G, Long Jump – G/B, 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.
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 4 x 50 jog and 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, K-8: \$1.00 (cash and card accepted)

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

**YOUR GOALS ARE THE ROAD MAPS THAT GUIDE YOU AND
SHOW YOU WHAT IS POSSIBLE FOR YOU LIFE!!!**