

CARLETON SITZ INVITATIONAL

WHO: Varsity

WHEN: Saturday, April 26, 2025

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 3:15 p.m.

<u>ORDER OF EVENTS:</u>	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

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

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.

**EXCELLENCE IS THE GRADUAL RESULT OF
ALWAYS STRIVING TO DO BETTER!!!**