

## **OAK CREEK JV COED INVITATIONAL**

**WHO:** JV  
**WHEN:** Thursday, May 8, 2025  
**WHERE:** Oak Creek High School  
**TEAMS:** Brookfield East (G), Homestead, Indian Trails, Mukwonago, NB West,  
Oak Creek, Tosa East, Tosa West  
**TIME:** 2:30 p.m. – Field Events                      3:00 p.m. – Running Events

**BUS LEAVES:** 1:15 pm    **EXCUSED AT:** 1:00 pm    **BUS RETURNS:** around 6:45 p.m.

<b><u>ORDER OF EVENTS:</u></b>	1600 m. Run (G/B)	800 m. Run (G/B)
	100/110 Hurdles (G/B)	100 m. Dash (G/B)
	3200 m. Run (G/B)	400 m. Dash (G/B)
	200 m. Dash (G/B)	4 x 400 m. Relay (G/B)
	300 m. Hurdles (G/B)	
	Pole Vault (G/B)	High Jump (G – east pit, B – west pit)
	Long Jump (north pit)	Triple Jump (south pit)
	Shot Put (G/B)	Discus (B/G)

**MEET PROCEDURES:** Upon arrival, run 4 x 50/100.  
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 runs 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 you clean up our area before we leave

**ADMISSION:** FREE

**DON'T ASK FOR A LIGHT LOAD,  
ASK FOR A STRONG BACK!!!**