

RACINE CASE TRACK CLASSIC INVITATIONAL

WHO: Varsity/jv

WHEN: Saturday, March 29, 2025

WHERE: UW-Parkside

TEAMS: Bradford, Prairie Marquette, Park, Brookfield Academy, Oak Creek, Union Grove, Horlick, Martin Luther, PiusXI, Hale, Franklin, Oconomowoc, Wauk. West, Wauk. North, Indian Trail, St. Joseph, Riverside, Burlington, Tremper, Greenfield, Denmark, Racine Lutheran

TIME: 9:00 am – Field Events 9:00 a.m. - Running Events

BUS LEAVES: 7:00 am **BUS RETURNS:** around 5:15 pm

<u>ORDER</u>	9:00 - Hurdles Trials	11:15 - Break	2:15 – 800 m. Run
<u>OF</u>	9:20 - Dash Trials	11:45 – 800 m. Relay	2:40 – 300 m. Dash
<u>Events:</u>	9:45 – 3200 m. Relay	12:25 – 1600 m. Run	3:10 – 200 m. Dash
	10:35 – Hurdle Finals	1:00 – 600 m. Run	3:40 – 3200 m. Run (Boys)
	10:45 – Dash Finals	1:25 – 400 m. Dash	3:55 – 1,000 m. Racewalk
	10:55 – 3200 m. (B & G)	1:55 – 1,000 m. Run	4:05 – 1600 m. Relay

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 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 High Students & Under - Free

**WHAT YOU DO EVERYDAY MATTERS MORE
THEN WHAT YOU DO ONCE IN A WHILE!!!**