

Performance Running Outfitters

VARSITY TRACK & FIELD

INVITATIONAL

HOSTED BY WISCONSIN LUTHERAN HIGH SCHOOL @ UW-Parkside

Saturday, March 19, 2016

1. Site: University of Wisconsin-Parkside
Frank J. Petretti Fieldhouse
Petrifying Springs Road
Kenosha, WI
Campus Map and Directions - <http://www.uwp.edu/map/index.cfm>
2. Time Schedule
Facility Open 8:00am
Coaches Meeting 8:30am
Field Events 9:00am
Running Events 9:00am* See attached Time Schedule
3. Officials:
Meet Referee/Field Referee - Mr. Dan Fregien
Starter - Mr. John Miller
Starter - Mr. Robert Kern
4. Entries:
1 Relay Team per event
2 per individual event- (except the 3200, limited to 1 per school)
Athletes may only enter one hurdle race, LH or HH, not both.

Individual limit-4 per meet, no more than three running or three field events.
5. Entry Forms: Entries due by Wednesday, March 16 at 11:59pm

Entries will be made via www.athletic.net. Info on how to do this is on the ENTRIES PAGE of www.wiscotrack.com. Please allow yourself time to familiarize yourself with the procedures for using *athletic.net*.

Scratch and replace until 11:59pm on Friday. Only scratches after that time.
6. Teams
Girls: Hartford, West Bend West, Brookfield Central, Kenosha Tremper, Kettle Moraine Lutheran, Shoreland Lutheran, Muskego, Racine Case, South Milwaukee, St. Thomas More, Waukesha West, Wauwatosa West, Whitefish Bay, Whitnall, Burlington, Shorewood, Indian Trail, Wisconsin Lutheran. (18)

Boys: Brookfield Central, Kenosha Tremper, Kettle Moraine Lutheran, Muskego, Shoreland Lutheran, Racine Case, South Milwaukee, St. Thomas More, Waukesha West, Wauwatosa West, Whitefish Bay, Whitnall, Burlington, Shorewood, Indian Trail, Arrowhead, Wisconsin Lutheran (17)

7. Scoring: 8 places (10-8-6-5-4-3-2-1)
8. Awards: Medals to the top six competitors in individual events; Top three relay teams. Team Plaque to Champion.
9. Admissions:

Adult:	\$5.00
HS Students, Senior Citizens:	\$3.00
K-8th:	\$1.00
10. T-Shirts T-Shirts will be on sale at the meet for \$10. (Limited supply available)
11. Jury of Appeals: Brookfield Central Girls Coach, Shorewood Boys Coach - **Thanks!**
13. Opening Heights: Opening heights will be.... GHJ- 4' 4""; BHJ-5' 4""; GPV-7'; BPV-9'
14. Field Events: High Jump, Long Jump, Shot Put, Pole Vault
15. Equipment: Shots will be weighed.
16. Trainer An athletic trainer from the Sports Medicine Center will be on hand.
17. Facility: 8 lane straight; 6 lane track. ¼" pyramid spikes only.
18. Seating: Seating is very limited, spectators are encouraged to bring along chairs.
18. Results Results will be on the WLHS Track Website, www.wiscotrack.com.
19. Questions Please contact Jeff Sitz, director of Athletics at WLHS, at 414-453-4567, ext. 2007; cell 414-429-8866; jeff.sitz@wlhs.org

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Varsity Invitational Events

9:00am	Boys Shot Put, followed by Girls	Trials (1-1-1 format), Finals
	Girls LJ, followed by Boys	Trials (1-1-1 format), Finals
	Girls PV, followed by Boys	
	Girls- OH - 7', 8', 8' 6"	(1-1-1 format)
	Boys- OH - 9', 10', 10' 6"	(1-1-1 Format)
	Boys HJ, followed by Girls	
	Boys- 5 alive...OH is 5' 4" up by 2"	take all 3 until 6 remain
	Girls- 5 alive...OH is 4' 4" up by 2"	take all 3 until 6 remain
9:00am	3200m Relay	Max 12 per heat
	(If 12 or less entries at 3200R, start will be pushed later. Check website Thursday for final start time for 3200 R.)	
10:00am	55m HH Trials	Top 8 to finals
	55m Trials	Top 8 to finals
	55m LH Trials	Top 8 to finals
	55m HH Finals	
	55m Finals	
	1600m Run	Max 12 per heat
	800m Relay	Max 6 per heat
	400m Final	No blocks – Max 9 per heat
	55m LH Finals	
	800m Run	Max 9 per heat
	200m Final	Max 6 per heat
	3200m Run	One Heat per Gender
	4 x 400 Relay	No blocks -Max 6 per heat