

Performance Running Outfitters

VARSITY TRACK & FIELD

INVITATIONAL

HOSTED BY WISCONSIN LUTHERAN HIGH SCHOOL @ UW-Parkside

Saturday, March 16, 2019

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 9:30am
3. Bus Parking **Busses should park in the Lot to the West of the Fieldhouse.**
Please inform them: Parents who park in illegal spots will be ticketed and possibly towed.
4. Officials:
Meet Referee/Field Referee - Mr. John Miller
Starter - Mr. Elliott Kramsky
Starter - Mr. Stephen Ward
5. 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.
*****Please double check Hurdle entries. Athletes who are entered in the wrong hurdle event WILL NOT be changed after the scratch/replace deadline. Thanks...***

Individual limit-4 per meet, no more than three running or three field events.
6. Entry Forms: **Entries due by Thursday, March 14 at 8:59pm**

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*.
Wheelchair entries should be emailed to: jason.goede@wlhs.org

Scratch and replace until **8:59pm on Friday**. Only scratches after that time.

Changes should be emailed to Jason.goede@wlhs.org. They **can't** be made on Athletic.net.

7. Teams **Girls:** Hartford, West Bend West, Kenosha Tremper, Kettle Moraine Lutheran, Shoreland Lutheran, Muskego, South Milwaukee, St. Thomas More, Waukesha West, Wauwatosa West, Whitefish Bay, Whitnall, Burlington, New Berlin West, Indian Trails, Waukesha North, Kewaskum, Arrowhead, Wisconsin Lutheran. (19)
- Boys:** Brookfield Central, Kenosha Tremper, Muskego, Shoreland Lutheran, South Milwaukee, St. Thomas More, Waukesha West, Wauwatosa West, Whitefish Bay, Whitnall, Burlington, Indian Trails, Arrowhead, New Berlin West, Waukesha North, Kewaskum, West Bend West, Wisconsin Lutheran (18)
8. Scoring: 8 places (10-8-6-5-4-3-2-1)
9. Awards: Medals to the top six competitors in individual events; Top three relay teams. Team Plaque to Champion.
10. Admissions: Adult: \$5.00
HS Students, Senior Citizens: \$3.00
K-8th: \$1.00
11. T-Shirts T-Shirts will be on sale at the meet for \$10. (Limited supply available)
12. Jury of Appeals: **Waukesha West Girls Coach, Whitefish Bay 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, **Triple 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. **¾" pyramid spikes only.**
18. Seating: **Seating is very limited, spectators are encouraged to bring along sling/folding chairs.**
19. Results Results will be on the WLHS Track Website, www.wiscotrack.com.
20. 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 60 minute Open Pit (30 minute break between LJ/TJ, no piggybacking) Girls TJ followed by Boys 60 minute Open Pit 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
9:30am	3200m Relay 1 Heat per gender
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