



TO: Athletic Directors and Head Boys' & Girls Track Coaches:
FROM: Kevin Moore, Grafton High School Athletic Director
RE: **NSC JV Conference Meet: 5/18 (Girls') and 5/19 (Boys')**

Time Schedule: Stadium opens at 3:15 p.m. Coaches meeting will be at 3:30 p.m.
Field events begin at 4:00 p.m. and running events at 4:30 p.m.

Entries: Each school is allowed a maximum of 3 individuals per event. In each relay event, 1 relay team per school is allowed. Individual athletes may compete in a **MAXIMUM of 4 EVENTS** - no more than 3 Running or 3 Field Events. Scoring will be 10-8-6-5-4-3-2-1. Please be mindful of the conference rule regarding participation in the Varsity and JV meets.

All entries must be received by **11:00 p.m. on Saturday, May 14th** to be considered for seeding. All entries are to be completed on line though P.T. Timing (pttiming.com). Changes can be made at the coaches meeting - scratch and replace only. **NO ADDITIONS.**

*Entries can be made via **Athletic.net**.

Only ¼" SPIKES are allowed. The Shot and Discus circles are on concrete.

Meet Manager: Kevin Moore- kmoore@grafton.k12.wi.us 414-588-2287

Officials: *Donald McNaughton, Nancy Pietrowiak, Jim Steinberg, Stephen Ward*

Locker Rooms: Locker rooms will not be available – please dress appropriately.

Medals: The NSC will provide medals and be given to coaches on site.

Trainer: Brian Wood- a certified athletic trainer will be available throughout the meet.

COVID PROTOCOL: All athletes are encouraged to wear a mask in their team camps. Team camps should be spread out around the facility to provide social distancing. Athletes may warm-up, compete, and cool down without masks. All non-competing athletes, all coaches and all spectators are expected to be masked when social distancing is not possible.

ORDER OF EVENTS

3:30 Coaches Meeting (located underneath the home stadium bleachers)

4:00 Field Events

4:30 Running Events Begin

3200 Meter Relay
110/100 Meter Hurdle Finals
100 Meter Dash Finals
1600 Meter Run
800 Meter Relay
400 Meter Dash
400 Meter Relay
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay