



# Grafton High School

*Home of the Black Hawks*

Scott Mantei, Principal

Kevin Moore, Associate  
Principal / Athletic Director

Mike Kalina,  
Associate Principal

May 1st, 2023

Dear Athletic Directors, Track Coaches, and Officials:

The **BLACK HAWK FROSH/SOPH CO-ED INVITATIONAL Track & Field Meet** will be held on **Saturday, May 6th, 2023** at 9:30 am for field events at **Grafton High School**. Running events will begin at 10:00 am. Medals will be awarded for first place.

Grafton High School extends a most cordial welcome to you and your squad. We hope that you find your visit and the competition most enjoyable.

## Teams

Boys': Grafton, Hartford, Lake Country Lutheran, Port Washington, Milwaukee Marshall, Milwaukee Lutheran, Milwaukee Madison, Saint Francis, Saint Thomas More, Sheboygan South, West Bend East, West Bend West.

Girls': Grafton, Hartford, Lake Country Lutheran, Milwaukee Madison, Milwaukee Marshall, Milwaukee Lutheran, Saint Francis, Saint Thomas More, Sheboygan South, West Bend West.

Following is some important information pertaining to our meet:

1. Grafton has a Seal Flex Eight Lane Track. ¼" spikes may be used.
2. **Team Entries will be done [on https://wi.milesplit.com/meets/524708-black-hawk-froshsoph-invite-2023#.ZE\\_HK3bMJPY](https://wi.milesplit.com/meets/524708-black-hawk-froshsoph-invite-2023#.ZE_HK3bMJPY). The deadline for entries is Thursday, May 4th at 8:00pm.**
3. **Teams are permitted to enter only two individuals in each individual event. Each participant will be limited to four events. A contestant may not enter more than three track or three field events as indicated by WIAA rules. Four individual wild cards will be allowed for each team. Wild cards will not be allowed for relays. Individual limits will be adhered to.**
4. Because dressing facilities are limited at Grafton, please dress at home if possible.
5. Shot put and discus circles are concrete. Rubber soled shoes must be worn.
6. Points will be awarded 10-8-6-5-4-3-2-1 (39) for individual events and 10-8-6-5-4-3-2-1 (39) for relays.
7. Running Events will begin at 10:00 am.
8. Running Events will be timed finals. Last section will have fastest times, etc.

**Grafton High School**  
Every Student, Every Day!

1950 Washington Street  
Grafton, WI 53024  
(262) 376-5500

**Web Site:** [ghs.grafton.k12.wi.us](http://ghs.grafton.k12.wi.us)  
**Twitter:** @GraftonHISchool  
@GraftonHISchool

9. Four trials in the shot put and discus. There will be no finals. Places will be determined from all attempts. The shot put will be followed by the discus for boys. The discus will be followed by the shot put for girls.
10. The long jump and triple jump will be conducted by the open pit method. Boys long jump will begin at 9:30 am and go until 10:30. There will be a 15-minute break with the boys' triple jump starting at 10:45 am. The girls' triple jump will begin at 9:30 am and go until 10:30. There will be a 15-minute break with the girls' long jump beginning at 10:45 am.
11. Starting heights for the pole vault will be discussed at the coaches meeting. Boys first.
12. Starting heights for the high jump will be discussed at the coaches meeting. Girls first.
13. Only contestants, managers, and coaches will be allowed on the field after the track events start. Please have all non-competitors in the stands.
14. Coaches' meeting will be under Stadium Seating at 9:00 am sharp. Scratches and replacements will be allowed at that time.

**PLEASE READ TO YOUR TEAM:**

1. All competitors stay in assigned areas as much as possible. WATCH THE TRACK - STAY BEHIND THE ROPE AT FINISH LINE. PLEASE DO NOT HAVE TEAM CONGREGATE AROUND FINISH LINE AREA
2. Return to field events as soon as possible.
3. Runners are to stay in lanes and walk back to the finish line at the end of the race.
4. Listen for calls for events as given by the announcer.
5. Please have your busses drop athletes off in the west parking lot, then park in the east lot.

If you have any questions, please feel free to call (262) 376-5515.

Thank you,

Kevin Moore  
GHS Athletic Director