



Performance Running Outfitters Invite



hosted by Wisconsin Lutheran
Petretti Fieldhouse @ UW-Parkside
March 16, 2024

Address: 4130 Petrifying Springs Rd, Kenosha, WI 53144

Drop-off: Team drop-off is at the fieldhouse entrance. Buses must park in the lot to the west of the fieldhouse. Please make parents aware that Kenosha police aggressively ticket cars parked illegally in the parking lot.

Times: Facility opens at 8:00. Coaches' meeting at 8:30 in the upper level classroom. Field events begin at 9:00. Running events begin at 9:15.

Facility: UW-Parkside has a six-lane Beynon track, with an eight-lane straight. Painted boards for the horizontal jumps. ¼ inch spikes may be work for all races, as well as the horizontal jumps and the pole vault. **NO SPIKES FOR HIGH JUMP OR ON THE INFIELD.**

Admission: Adult admission is \$5.00. High school and senior citizen admission is \$3.00. Grade school admission is \$1.00.

Officials: The meet referee/field referee is Dennis Meyer. The starters are John Miller and Stephen Ward.

Entries: You may enter 2 individual entries and 1 relay team per event. **Only one entry for the 3200 run.** We will run both the 55 high and the 55 low/intermediate hurdles. **Only one hurdle race per athlete.** Be sure to enter your athlete in the correct event...the 55 Low/Intermediate hurdles will be shown as the 60 hurdles on the entry form. WIAA individual limits will apply to this meet. Order of events are listed on Page 3 of this document.

Entries will be made via MileSplit. The link to make entries can be found on the Home Meets page of wiscotrack.com or at Trackside Timing. The entry deadline is 8:00 p.m. on March 14th. Late entrants will need to contact Trackside and pay their fee to make entries. Day of meet changes will be allowed, but official entry name changes will not be made. No re-seeding will take place.

Wheelchair entries should be emailed to tracksidetiming@gmail.com.

Camping: Team camps are only allowed in the hallways outside the track.

- Weigh-in: Shots will be weighed in at the shot circle.
- Warm-ups: Warmups can take place on the track as long as they do not interfere with the running of events. The infield can be used for warmups.
- Check in/ Athletes will check in and receive hip numbers at the beginning of the 55 dash.
- Scoring: Each event will be scored to eight places.
- Results: Live results should be available at Trackside Timing. Final results will be posted at Trackside Timing and at www.wiscotrack.com.
- Awards: Medals to the top 6 competitors in individual events and the top 3 teams in relay events. Team awards to meet champions.
- Trainer: Froedtert Sports Medicine will provide a trainer for the duration of the meet. The training table is located in the corner just past the finish line.
- T-Shirts: Shirts will not be available at this meet.
- Jury: Muskego girls coach and Kewaskum boys coach, along with the starters and the Meet Manager.
- Questions: Please contact either Jason Goede, Head Girls Coach, at jason.goede@wlhs.org or 414.690.9350, or Micah Walz (Athletic Director) at micah.walz@wlhs.org.

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Teams: Arrowhead, Brookfield Central, DSHA (G), Hartford, Indian Trails, Kenosha Bradford, Kenosha Tremper, Kettle Moraine Lutheran, Kewaskum, Muskego, New Berlin West, Oak Creek (G), St. Thomas More, Shoreland Lutheran, South Milwaukee, Waukesha North, Waukesha West, West Bend West (G), Whitefish Bay, Whitnall, Wisconsin Lutheran

9:00 Boys Shot Put (1-1-1, top 9 to finals)
Girls to follow
Girls Long Jump (3 jumps, 9:00-10:15 open pit)
Boys to follow (3 jumps, 10:45-12:00 open pit)
Girls Triple Jump (3 jumps, 12:30-1:15 open pit)
Boys to follow (3 jumps, 1:45-2:30 open pit)
Girls Pole Vault (OH 6', 7', 7' 6"..., 1-1-1, five alive)
Boys to follow (OH 8', 9', 9' 6"..., 1-1-1, five alive)
Boys High Jump (OH 5' 2", 1-1-1, five alive)
Girls to follow (OH 4' 2", 1-1-1, five alive)

9:15 3200 Relay (two-turn stagger)
55 High Hurdle Trials (top 8 to finals)
55 Dash Trials (top 8 to finals)
55 Low/Intermediate Trials (top 8 to finals)
55 High Hurdle Finals
55 Dash Finals
1600 Run (waterfall)
800 Relay (three-turn stagger)
400 Dash (no blocks...two-turn stagger)
55 Low/Intermediate Hurdle Finals
800 Run (two-turn stagger)
200 Dash
3200 Run (waterfall)
1600 Relay (no blocks...two-turn stagger)

Live results at Trackside Timing. Final
results at Trackside Timing and
www.wiscotrack.com.