

# Wisconsin Lutheran High School's Viking Coed Track & Field Invitational Saturday, April 23, 2016

1. Directions: Wisconsin Lutheran High School  
330 N. Glenview Avenue  
Milwaukee, WI 53213

From 1-94: It's different every stinkin' day, so who knows!

2. Time Schedule
- |                 |         |
|-----------------|---------|
| Facility Open   | 8:30am  |
| Coaches Meeting | 9:00am  |
| Field Events    | 9:30am  |
| Running Events  | 10:00am |

3. Officials:
- |                            |   |                    |
|----------------------------|---|--------------------|
| Meet Referee/Field Referee | - | Mr. Jay Preston    |
| Starter                    | - | Mr. Scott Sponholz |
| Starter                    | - | Mr. Robert Kern    |

4. Entries:
- 1 Relay Team per event  
2 per individual event  
2 running and 2 field event wild card entries (can not exceed 3 entries per event) Individual limit-4 per meet, no more than three running or three field events.

5. Entry Forms: Due by 9:00pm on Thursday, April 21<sup>st</sup>.

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

Scratch and replace until 9:00pm on Friday. Only scratches after that time.

Performance lists will be posted Friday morning.

Teams

**Girls:** Wisconsin Lutheran, Wauwatosa East, West Allis Hale, Greendale, Milwaukee Lutheran, Divine Savior Holy Angels, University School, St. Catherine, Cedarburg, Brookfield Central, Kettle Moraine Lutheran, Whitefish Bay, Little Chute, South Milwaukee, Sussex Hamilton

**Boys:** Wisconsin Lutheran, Wauwatosa East, West Allis Hale, Milwaukee Lutheran, Marquette, University School, St. Catherine, Prairie School, Cedarburg, Kettle Moraine Lutheran, Whitefish Bay, Little Chute, Oconomowoc, South Milwaukee, Sussex Hamilton

7. Scoring: 8 places (10-8-6-5-4-3-2-1)

8. Awards: Medals to the top eight competitors in ind. event; Top three relay teams. Team Trophy to Champion.
9. Admissions: Adult: \$4.00  
K-12th: \$2.00  
Pre-School: Free
10. T-Shirts T-Shirts will be on sale at the meet for \$10. (Limited supply available)
11. Jury of Appeals: Hamilton Girls Coach, Little Chute Boys Coach (*Thanks!*)
12. Restricted Areas: The infield will be a restricted area during the meet, as will the start and finish areas.
13. Opening Heights: Opening heights will be:  
PV Girls: 7', 8', 8' 6"... PV Boys: 9', 10', 10' 6"....  
HJ Girls: 4' 4" HJ Boys: 5' 4"
14. Field Events: The Long and Triple Jumps will flighted...attempts taken 1-1-1.  
Checkout times of 15 minutes will be strictly enforced.  
SP/DT flighted (attempts taken 1-1-1). Top 9 to finals in all field events.
15. Equipment: Shots and Discus will be weighed and measured at the storage garage.
16. Trainer An athletic trainer from the Sports Medicine Center will be on hand.
17. Facility: Seal Flex, 8 lane track. Long and triple jump and pole vault runways are east of the track. High Jump located on the south end and the shot put is located on the north end of the track. Spectator seating only on the west side of the track. 1/4" spikes, no needle spikes.
18. Results Results will be available to the coaches approximately 10 minutes after completion of the final event. We will distribute the results to coaches in the stadium bleachers, along with awards. They will also be available on the website after the meet.
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](mailto:jeff.sitz@wlhs.org)

# WLHS Viking Invite 2016

## Order of Events

### Field Events

9:30am	Pole Vault	Boys, followed by Girls	(1-1-1) 5 Alive
	Discus	Girls, followed by Boys	(1-1-1)
	Shot Put	Boys, followed by Girls	(1-1-1)
	High Jump	Two pits	(1-1-1) 5 Alive
	Triple Jump	<u>West Runway</u> – Trials in Flights; Reverse Order Finals	
		Boys	9:30am (1-1-1)
		Girls	Approximately 12:00pm (1-1-1)
	Long Jump	<u>East Runway</u> - Trials in Flights; Reverse Order Finals	
		Girls	9:30am (1-1-1)
		Boys	Approximately 12:00pm (1-1-1)

### Running Events

10:00am	Wheelchair 1600	Clerk South
	Girls 4 x 800 Relay	Clerk South
	Boys 4 x 800 Relay	Clerk South
	Girls 100 HH Trials	Clerk North
	Boys 110 HH Trials	Clerk North
	Girls 100 Dash Trials	Clerk North
	Boys 100 Dash Trials	Clerk North

### 15 Minute Break, followed by opening ceremony

Girls 100 HH Finals	Clerk North
Boys 110 HH Finals	Clerk North
Wheelchair 100	Clerk North
Girls 100 Dash Finals	Clerk North
Boys 100 Dash Finals	Clerk North
Girls 1600 Final	Clerk South
Boys 1600 Final	Clerk South
Girls 4 x 200 Relay	Clerk South
Boys 4 x 200 Relay	Clerk South
Wheelchair 400 Meters	Clerk South
Girls 400 Final	Clerk South
Boys 400 Final	Clerk South
Girls 4 x 100 Relay	Clerk South
Boys 4 x 100 Relay	Clerk South
Girls 300 IH Finals	Clerk Southeast
Boys 300 IH Finals	Clerk Southeast
Girls 800 Finals	Clerk South
Boys 800 Finals	Clerk South
Wheelchair 800 Meters	Clerk South
Girls 200 Finals	Clerk South Pole Vault Pad
Boys 200 Finals	Clerk South Pole Vault Pad
Girls 3200 Finals	Clerk South
Boys 3200 Finals	Clerk South
Girls 4 x 400 Relay	Clerk South
Boys 4 x 400 Relay	Clerk South