

Waukesha North High School

2222 Michigan Ave

Waukesha WI 53188

Varsity/JV Classic 8 Conference Relays **Tuesday April 29th 2014**

**Rain Date is Wed. April 30 (Same Times)**

**Class Dismiss: 2:15 PM**

**Bus Departs : 2:30 PM**

**ONE WAY BUS – YOU MUST ARRANGE TO BE PICKED UP AT NORTH AFTER THE MEET**

**TEAMS:** Arrowhead, Catholic Memorial, Kettle Moraine, Mukwonago, Muskego, Waukesha

North, Waukesha South, Waukesha West

**DIVISIONS,** **SCORING,** **AWARDS** **and** **RESULTS:**

-­‐Arrowhead, KM, Mukwonago, Muskego

-­‐CMH, North, South, West ***(our GOAL is to win our DIVISION)***

**Admission:** $5.00 Adults Children $3.00 (No T-Shirt Information Given)

**FIELD** **EVENTS:**

4:00pm: 4 attempts, No finals

Pole Vault –JV & Varsity 4:00

Shot Put – Varsity 4:00 (JV to follow)

Discus -­‐ JV 4:00 (V to follow)

Long Jump – JV & Varsity 4:00 Open Pit – West Pit

Triple Jump – JV & Varsity 4:00 Open Pit – East Pit

High Jump – JV & Varsity 4:00

**RUNNING** **EVENTS:** 4:00pm: (Varsity, then JV)

4:00 -­‐ 6400m Relay-­‐1 section with a waterfall

5:30 -­‐ 300m High Hurdle – Composite

1600m Medley Relay-­‐200x200x400x800

400m Relay -­‐ 2 sections – lanes all the way

3200m Relay -­‐ 2 sections

800m Relay -­‐ 2 sections – lanes all the way

Distance Medley Relay-­‐400x800x1200x1600

900m Hurdle Relay – 6 sections-­‐seeded

1600m Relay – 2 sections

Coaches Notes: If the weather is bad, we will be able to CAMP and warm up in the Fieldhouse, however we then to work together to communicate on race times, etc.. Relay meets REQUIRES Team Work and commitment. Each realy team has a CAPTAIN that is responsible for having a Baton and having their team CHECK – IN.