**WAUKESHA SOUTH TRACK AND FIELD**

**Cardinal Relays Meet - March 23rd**

**Teams Participating:**

Arrowhead,Burlington, Badger-Lake Geneva, DSHA, Franklin,, Milwaukee Marshall, South Milwaukee, ,Saint Anthony’s, Waukesha South, Waukesha West, Wisconsin Lutheran



 **Meet Information:**

**ALL SOUTH ATHLETES THAT ARE COMPETING ARE EXPECTED TO BE READY**

**TO COMPETE at 3:30 pm. All athletes are expected to help set up for the meet at 3:30… If you are not competing, you can then leave to eat etc.**

**ALL SOUTH ATHLETES THAT PARTICIPATE IN THE MEET ARE EXPECTED TO STAY UNTIL THE END OF THE MEET and HELP SET UP.**

-Field House Opens at 3:45 pm

- 4:30 Field Events 5:30 Running Events

**-Spectator Admission**  Adults $5.00 Students $3.00

 It would be appreciated if you share this info and the expectation that spectators seating is in the balcony, not the fieldhouse floor.

**Awards:** Medals to the Top 3 in ALL EVENTS.

No Meet T-Shirts.

**Time Schedule**

 3:45 pm Fieldhouse Opens

 **4:30 pm** ***Triple Jump Competition Begins***

 **5:00 pm** ***High Jump and Pole Vault and Shot Put***

 Approx. Times - We Run ahead without Breaks

 5:30 pm (firm) 3 mile composite relay

5:50 60 yd High Hurdles

 6:10 60 yd Dash

 6:25 6 Lap Relay

 6:45 Distance Medley

 7:10 4 Lap Relay

 7:30 2 Mile Relay

 7:50 Sprint Medley Relay

 8:10 Mile Relay

**South Athletes:**  Practice Thursday after school. NO PRACTICE ON FRIDAY. Practice Saturday morning based on your event coach. (Varsity Only) . Thursday will share who is going to Oshkosh on Monday March 28th (Limited to 1-2 athletes per event)

High Jump Grace D. Rachel K. Morgan L.

Shot Put Sabrina Morgan L. Abbey B.

Pole Vault Rachel K. Dahmara W. Natalie M.

Long Jump Armoni Jess Dae Dae

Triple Jump Armoni Jess Sabrina

3x1 Mile Comp. Grace Libby Taya

60 Hurdles Morgan L. Sabrina. Dae Dae

60 Dash Armoni Jess Kaylee

6 Lap Relay Jess Sabrina Dae Deae Kaylee

Distance Medley 400 – Bailey 800 - Beth A. 800 – Sydney S. 1600. Ashley S.

4 Lap Relay Armoni Dahmara Kayllee Dae Dae

2 Mile Relay Elise Libby Taya Grace

Sprint Medley 1.5 Laps - Dahmara 1 Lap Centeria 1 Lap -Kristan G. 2.5 Sadie H

Mile Relay - Alexandra A. Elise Olivia K. Morgan

Alt: Kristen G , Syd Sayles, Dahmara