**Wisconsin Lutheran VIKING “Open” Track and Field Meet**

**Friday April 22, 2016**

Wisconsin Lutheran High School

330 N. Glenview Avenue

Milwaukeee WI, 55213

**Class Dismiss 2:30 Bus Departs 2:45**

**Teams:** Milwaukee Lutheran, Marquette, Waukesha South, Wisconsin Lutheran

**Weather:**  High 50’s NO RAIN…. Pack warm clothes for after the meet.

**4:30 pm Field Events**

Girl’s Shot Put - Girl’s Pole Vault - Boy’s HJ (followed by Girl’s) -

Girl’s TJ (followed by LJ)

**4:30 pm Running Events (Girl’s First then Boy’s)**

Girls 4x800

Girl’s 100 Hurdles

Girl’s 100 Dash

Girl’s 1600 Run

Girl’s 4x200 Relay

Girl’s 400 Dash

Girl’s 4x100 Relay

Girl’s 300 Low Hurdles

Girl’s 800 Run

Girl’s 200 Dash

Girl’s 4x400 Relay

**My guess is that running events will take about 2 hours !**

This is another chance to compete with some good weather….. If you are in the meet on Saturday rest up…. If you are attending PROM enjoy the day, and make good decisions.