



MUKWONAGO TRACK & FIELD



March 21, 2019

To: Athletic Directors and Boys Track Coach of:

Brookfield Central	Racine Case	Kenosha Tremper
Bradford	Marshall	Franklin
Mukwonago (Host)	Sussex Hamilton	South Milwaukee
Oak Creek	West Bend West	

Athletic Directors and Girls Track Coach of:

Bradford	Mukwonago (Host)	Sussex Hamilton
Oak Creek	Oconomowoc	Racine Case
Kenosha Tremper	Kettle Moraine	Wisconsin Lutheran
Muskego	Marshall	

From: Vince Komar - Meet Manager

Re: Mukwonago "M" Club Coed Relays
Tuesday, April 9, 2019 (Rain date – Thursday, April 11, 2019)

The 2019 "M" Club Coed Relays will be held, on Tuesday, April 9, 2019.

- Field events start at 4:00 p.m.
- The distance medley relay begins at approximately 4:10 p.m.
- Coaches will pick up their packets in the press box at 3:15 p.m.

1. **Entries** are to be done online at www.athletic.net by **NOON on SUNDAY April 7th**. The website will be available at noon Tuesday April 2nd to start entering line-ups

ALL ENTRIES ARE TO BE MADE AT www.athletic.net

1. Visit the www.athletic.net website.
2. "M Club Relays 2019
3. Click add to calendar
4. Click Register athletes for events
5. Enter athletes and Relay Teams.

2. Information & Complete results will be posted on www.muktrack.com

3. The school will be off limits to athletes for the entire time. Concession and Restrooms will be available behind the spectator area for fans and athletes.
4. **1/4" spikes** will be permitted in the running events. Spikes may be worn in all events except shot put and discus.
5. Entry fee - \$130.00 per team. Make checks payable to Mukwonago High School and mail to:

Andy Trudell, Athletic Director
Mukwonago High School
605 W. Veterans Way
Mukwonago, WI 53149

6. Opening height in the boys high jump will be 4'8" and will go up by 2" increments until six jumpers are left then by 2". Girls opening height will be 4'0" – up by 2" increments until 5'0", then by 1".
7. Shot put and discus (4) trials per individual.
8. Long jump and triple jump. Open pit in both events (4) jumps per individual – no finals.
9. Meet management **cannot** waive the uniform requirements regardless of weather.
10. Since this is the first outdoor meet for most teams, we ask that you try to be realistic in your seed times. Any ties in seed times will be drawn from a hat (or box if we can't find a hat).
11. We will not be running a High Hurdle Shuttle. It will be replaced with a High Hurdle composite like the 300 Intermediate Hurdles. Hurdlers will run in individual heats, and the three individual times will be added together for a team time. Since this is the first outdoor meet of the season, this will allow every hurdler a chance for an open race. We will also be able to take advantage of wind conditions. Please submit individual times for seeding. **Heats will be formed by time with the last heat being the fastest section.**

Refreshments will be available to all coaches at the coaches meeting from 3:15 to 4:00 pm. As this is an all volunteer run meet, we will happily accommodate anyone you have who is a track enthusiast – just call or let us know!

Procedural Format:

1. The bullpen for athletes will be at the northwest corner of the track, except for 300 L.H. which will be on the back stretch. Please report on second call. Athletes will be dismissed from the bullpen directly to the relay position. All relay instructions will be given in the bullpen, not at the starting line.
2. To allow for lighting, we will run 2 shot & 2 discus circles. We will split up teams to limit coaching conflicts (4 Throws).
 - All implements will be weighed in the "M" Shed from 2:45 to 3:30.
3. Long Jump/Triple Jump:
 - 4:00 – 5:30 p.m. – Girls long jump/Boys triple jump
 - 5:50 – 7:20 p.m. – Boys long jump/Girls triple jump
(4 jumps – Open Pit – No Finals)
 - *20 minutes of warm-ups between events...we will run ahead of schedule if we finish before 1 ½ hour open pit time limit.
4. Pole Vault – we will run two pits to allow the pole vault to finish before the end of the meet:
 - *** **Girls will start at 4:00pm and the guys will start at 4:20...this will allow vault coaches to warm-up each of their vaulters due to pits being in different locations.**
 - a. girls will start at 6' and move up by 6" increments
 - b. boys will start at 8' and move to 9', then 10' prior to 6" increments

Good Luck - Pray for good weather!!!
85° and Sunny

SPECTATOR ADMISSION POLICY:

Adult - \$4.00 Student - \$3.00 Children 12 and under with parent - FREE