



Brookfield Central Lancer Co-Ed Lancer Invite

Friday, April 26, 2019

LOCATION: Brookfield Central High School, 16900 W. Gebhardt Rd.

TEAMS: GIRLS > Brookfield Central, Mukwonago, Sussex Hamilton, Wilmot Union, Milwaukee Lutheran, Home School Eagles
BOYS > Brookfield Central, Mukwonago, Sussex Hamilton, Wilmot Union, Milwaukee Lutheran, Home School Eagles

Time Schedule:	Coaches Meeting:	3:15 pm - near the finish line
	Implement Weigh-in:	3:15 - 3:45 pm – North side of visitor's bleachers
	Boys Pole Vault:	3:45 pm
	Field Events:	4:15 pm
	Running Events:	4:30 pm

ENTRIES:

A School may enter a maximum of:

- One Entry in each relay event
- Maximum limit of three (3) in any individual running event.

An athlete may enter a maximum of 4 events, but in no more than three running or three field events.
An athlete listed as a substitute on a relay team(s) counts as an event.

Final entries will be due by 7:00 pm on Wednesday April 24th.

We will be using K2 Timing to time the meet.

- Go to k2timing.com for entry instructions/links.
- Heat sheets will be posted on k2timing.com one day prior to the meet.
- K2 Timing will provide LIVE SCORING throughout the meet via k2timing.com and on Twitter @K2Timing.
- Please enter all relay names.

If you have a wheelchair student-athlete or any questions regarding entries, please contact Keith Klestinski at 414-331-7215

ALL EVENTS WILL BE FINALS.

SPIKES: Spikes may be worn on all runways, approach areas, and the track itself. The tip of the spike should extend no more than 1/4th of an inch from the sole of the shoe. Chalk or Tape may be used on the track

SCORING: There will be 8 places scored for all events (10-8-6-5-4-3-2-1)

SHOT PUT/DISCUS: 4 throws per athlete – all throws are finals

- Shot Put - Boys First > Girls Second
- Discus – Girls First > Boys Second

POLE VAULT: Boys will compete first. Coaches, **DO NOT** fax vault weight sheets in to school. Bring a copy to the event. We will use 5 Alive format. **Opening height will be 10 ft.** Girls will compete 40 min. after the boys have finished. **Opening height will be 7 ft.**

LONG/TRIPLE JUMP: Boys first in Triple Jump - Girls first in Long Jump. Jumpers will get 4 jumps. Jumpers will compete in an open pit format for 1 hour 30 minutes. If an event finishes early an announcement will be made to have the next event begin warm-ups **All jumps will be finals.**

HIGH JUMP: Girls will jump on GREY pit – opening height of 4'2"
Boys will jump on BLUE pit – opening height of 5'0"

AWARDS: Medals for 1st, 2nd & 3rd place finishers. **A team "TROPHY" will be presented**

TEAM AREAS: Please set up camps either in the stands or anywhere outside of the fenced in track.

RESTRICTED AREAS: The infield will be restricted to everyone except officials, workers, and meet management with the following exception. Coaches will be allowed in the high jump and pole vault areas during their respective events. We have installed a gate at the north end of the home (west) bleachers. Athletes and spectators can gain access to LJ/TJ, Shot/Discus, HJ and the starting line for the sprints through this gate! **We ask that you keep your athletes off the infield at all times and inform parents that they should not be inside the fenced area of the track.**

CONCESSIONS: Concessions will be available.

ADMISSION FEE: Adults and Students/Seniors: \$5.00 NO PASSES

Exchange Zones: Please have **two** coaches at these zones to help officiate exchanges.

800 Relay: 1st/3rd Exchange – **BCHS**

400 Relay: 1st Exchange – **Mukwonago**, 2nd Exchange – **Wilmot Union**, 3rd Exchange – **Sussex Hamilton**

Finish Line/Timer: K2Timing

Hurdle Crew: BCBS

Jury of Appeals: 2 WIAA appointed Starters, Meet Manager (BCBS Athletic Director, Don Kurth), Mukwonago Boy's Head Coach & Wilmot Union's Head Coach

ORDER OF EVENTS

3:45 > Field Events (See above for specific gender assignments)

4:00 > All other Field Events (See above for specific gender assignments)

4:15 > Running Events – **Girls First, Boys Second in all running events**

3200M Relay	8 each
100 M High Hurdles Finals – Girls	2 each
110M High Hurdles Finals – Boys	2 each
100M Dash	2 each
1600M Run	2 each
800M Relay	
400 M Dash	
400M Relay	
300M Low Hurdles - Girls	
300M Intermediate Hurdles - Boys	
800M Run	
200M Dash	
3200M Run	
1600M Relay	