



MINI MYRHUM CO-ED JUNIOR VARSITY OPEN
ARROWHEAD HIGH SCHOOL
SATURDAY MAY 4, 2019

Welcome to Arrowhead High School for the Arrowhead Mini Myrhum Co-ed Junior Varsity Track & Field Open. Please review the information listed below.

Please call Ryan Mangan at 262-369-3612, extension 4203, if you have any questions.

1. **Date:** **Saturday May 4, 2019**
2. **Site:** Arrowhead High School
3. **Teams Participating:** Arrowhead, DSHA, Mukwonago
4. **Time:**
9:00 Coaches Meeting in storage building on south end of track
9:30 Field Events Start
10:30 Running Events (All events are Timed Finals)
5. **Meet Managers:** Allison Delzer Girls Head Coach
Chris Herriot Boys Head Coach
6. **Officials:** Tom Emmerich, Dennis Meyer
7. **Entry Limits:** None
8. **Team Entry Limits:** None
9. **Entry Fee:** \$ 85
10. **Entries are due:** **Wednesday, May 1, 2019 - 11:00 PM**
Entries should be done through www.pttiming.com
*****All entries are final*****
11. **Field Events:** In Shot Put, Discus, Long Jump, and Triple Jump, each athlete will get four attempts. **There will not be finals.**

9:30	Shot Put:	Girls first to completion followed by boys
9:30	Discus:	Boys first to completion followed by girls
9:30	Long Jump:	Boys on East runway for one hour
9:30	Long Jump:	Girls on West runway for one hour
TBA	Triple Jump:	Boys on East runway 20 min. after long jump
TBA	Triple Jump:	Girls on West runway 20 min. after long jump
9:30	Pole Vault:	TBA
9:30	High Jump:	Girls on East Pit
	High Jump:	Boys on West Pit
12. **Running events:** Girls will run first followed by boys. Middle School heats will follow high school heats. **(All running events are timed finals)**
13. **Order of events:**

10:30	100 Meter High Hurdle Girls
	110 Meter High Hurdle Boys
	100 Dash
	1600 Run

200 Dash
800 Run
300 Low & Intermediate Hurdles
400 Dash

14. **Awards:** Medals for 1-3

****Hospitality for coaching staffs in the Morton Building**