



2019 Viking Co-Ed Varsity/ JV Quad

Teams Attending:

Brookfield Central, Greendale, Mukwonago,
NB Eisenhower, Martin Luther, New Berlin West

- Date: Wednesday March 13th, 2019
- Time: Field Events 4:00, Running Events 4:30
- Site: New Berlin West Field House
- Coaches Meeting: Finish Line 3:45
- Track: Track surface does not allow spikes, **ABSOLUTELY NO SPIKES**; shot circle is concrete floor. Shot put will take place up the stairs on the East end of the track.
- Entries: All entries will be done online at: www.athletic.net:
"NEW BERLIN WEST INDOOR", and located in the 2019 INDOOR Calendar.
- Entry Limits: ***We will be allowing 3 entries per event except for the 3200 M Run and the Relay events. We are only allowing 2 entries per team per level in the 3200 M Run and 1 relay team in each relay event per level, per team. *We will not be running the open 400 M Dash at this meet.**
- Deadlines: Entry Process Opens: 12:00 Noon Wednesday March 6
Entry Process Closes: 8:00 pm Monday March 11
You will be able to make entries, additions, subtractions and changes online till the entry deadline. Once entries close your roster is final.
- Heat Sheets: Heat Sheets Post: Tuesday March 12th on www.trackside timing.com
- Scratches: We will have a coaches meeting and scratches only meeting at 3:45. You can replace though but they will not be entered officially
- Admission: There is an admission charge for spectators.
- Concessions: Will be available outside the field house. Only water allowed in the field house. Please make note of this to your athletes.
- Contact: James Braun, Head Coach; james.braun@nbexcellence.org
Meet Entry Website: <http://www.athletic.net>



2019 Viking CO-ED Varsity/ JV Open

Teams Attending:

Greendale, Mukwonago, Brookfield Central,
NB Eisenhower, Martin Luther, New Berlin West

3:45 Coaches/Scratch Meeting

Field Events:

4:00	Girl's Shot	followed by	Boy's Shot
	Girl's Pole Vault	followed by	Boy's Pole Vault
	Boy's High Jump	followed by	Girl's High Jump
4:00	Boy's/ Girl's Triple Jump		3 Jumps - Closes at ≈5:45
	followed by		
≈6:00	Boy's/ Girl's Long Jump		3 Jumps – Closes at ≈7:45

We would appreciate the following schools running the events shown:

Girl's Pole Vault: New Berlin West	Boys Pole Vault: New Berlin West
Boy's High Jump: Mukwonago	Girl's High Jump: New Berlin Ike
Triple Jump: Brookfield Central	Long Jump: Martin Luther
Shot Put: New Berlin West	6 lap relay exchange zone: Greendale

Order of Running Events – beginning at 4:30 pm

ALL EVENTS ARE FINALS

3200 Meter Relay
55m High Hurdles
55 Meter Dash
1600 Meter Run
6-Lap Relay
4-Lap Relay
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay

**Please bring a copy of your pole vault verification to the
coaches meeting**