



## Waukesha South High School

401 E. Roberta Ave.  
Waukesha WI. 53186

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**Boys Track & Field**  
**Coach: Ken Sumbry**  
**Email: [Ksumbry@juno.com](mailto:Ksumbry@juno.com)**  
**Cell: 414-232-0445**

To: Athletic Directors and Track & Field Coaches  
From: Ken Sumbry, Head Boys Track & Field Coach  
RE: Waukesha South Boys JV Indoor Invitational- Wednesday, April 3 2019  
Waukesha South High School Field House

Teams- Arrowhead, Brookfield Central, Brookfield East, Catholic Memorial, DASH, Franklin, Grafton, Mukwonago, Oak Creek, Waukesha North, Waukesha West, Waukesha South

Scoring 10-8-6-5-4-3-2-1

Entries To be entered online at: Go to [k2timing.com](http://k2timing.com) and click on the meet entries tab to choose your preferred method to enter the meet using athletic.net.  
Entry Deadline: Monday, April 1 at 7:00pm. Please declare your entries on time.

- (2) entries per individual event - (3) entries maximum per event with wildcard
- (1) entry for each relay
- **(3)** wild card entries for individual events only

### Track/ Misc. Information

- Track is 176 yards un banked Chemturf Synthetic Surface 10 laps = 1mile **(No Spikes)**
- Five lanes used for the 60yard dash. Five lanes used for the 60yard High/Intermediate hurdles.
- Four lanes used for the 220 yard dash. The finish line for this event will be marked. Please inform all student-athletes that the finish line for this event will 20 yards be past the original finish line.
- Tape is **not** allowed on basketball floor for High Jump and Pole Vault. South will provide markers. Markers must be returned to host school after completion of event.
- Admission- \$5.00 Adults \$3.00 Students Brochures \$1.00
- Officials- Dennis Meyer, Tom Emmerich, Peter Nielsen, Jim Steinberg



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## Pre Meet Information

- Track will be open at 3:30pm
- 4:00pm- Coaches/Scratch Meeting held in field house
- All running event scratches and reseeding will be made at this time
- Heats may be combined due to scratches
- All field event scratches will be completed at each event site

## Field Events Begin - 4:30 pm- All Finals\*(Long Jump to follow Triple Jump)

- Pole Vault- Starting Height TBD at coaches meeting
- High Jump- Starting height TBD at coaches meeting
- Shot Put - 3 Throws only
- Triple Jump - 3 Jumps only
- Long Jump\*- 3 Jumps only- 20 minute warm up will follow the conclusion of the Triple Jump

## Running Events Begin- 5:30 pm-All Timed Finals

- 2 Mile Relay (4x880)
- 60Yard High Hurdles(39")
- 60Yard Dash
- 1 Mile Run
- 6 Lap Relay (4x264)
- 440 Yard Dash
- 4 Lap Relay (4x176)
- 60 Yard Intermediate Hurdles(36")
- 880 Yard Run
- 220 Yard Dash
- 2 Mile Run
- 1 Mile Relay (4x440)



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