




MINI MYRHUM CO-ED JUNIOR VARSITY OPEN
ARROWHEAD HIGH SCHOOL
SATURDAY MAY 5, 2018

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 5, 2018**
2. Site: Arrowhead High School
3. Teams Participating: Arrowhead, Kimberly, Mukwonago,
4. Time: **9:30** Coaches Meeting in storage building on south end of track
10:00 Field Events Start
11:00 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:
10. Entries are due: **Thursday, May 3, 2018 - 11:59 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.**
10:00 Shot Put: Girls first to completion followed by boys
10:00 Discus: Boys first to completion followed by girls
10:00-11:15 Long Jump: Boys on East runway for one hour.
10:00-11:15 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.
10:00 Pole Vault: All competitors vault together. (Five-alive format)
Starting height at 6'0"
10:00 High Jump: Girls to completion (Five alive format)
Boys after girls (Five alive format)
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: **11:00** 100 Meter High Hurdle Final Girls
110 Meter High Hurdle Final Boys
100 Dash
1600 Run
200 Dash
800 Run
300 Low & Intermediate Hurdles
400 Dash
14. Awards: **Medals for Top 3**
****Hospitality for coaching staffs in the Morton Building**