

## Co-Ed JV Open Invite

4-15-26

Teams: Burlington, Mukwonago, Muskego, Waukesha South, Waukesha West

Time: 4:00 pm start time for Field Events, 4:15 for running events

Coaches' Meeting: **3:30pm** in the pressbox

Entries window opens Tuesday March 31st at noon, due 2000 (8pm) 4/13

### Entries will only be accepted online through Athletic.Net

- Coaches can access on-line entries directly at [www.athletic.net](http://www.athletic.net)
- The meet is titled Mukwonago JV Open in *Athletic.net*. Log in to your account and find the meet in the calendar. **All entries submitted by Monday April 13th at 8pm.**

Meet information, start lists, and results will be posted at [MukTrack.Com](http://MukTrack.Com) and on [Athletic.net](http://Athletic.net). Live results will be available during the meet through Athletic.Live  
The track is an all-weather seal flex surface so 1/4 spikes max.

**We should have field events staffed by parent volunteers and varsity athletes, but any help would be appreciated**

### Field Events Offered, Starting at 4:00 pm:

Pole Vault. We will run Guys and girls on 1 pit. Starting height: 5'. We will proceed by 1' increments until 8', then 6" afterwards

Long Jump and Triple Jump will be 3 jumps and open pit for 90 minutes . We will run Long Jump on runway nearest the track; Triple Jump on runway nearest the school. 90 min open pit with 20 min between genders for warmup. Girls Long/Guys Triple followed by the reverse. We will close the pit early if all jumpers have completed their jumps

High Jump: no check out times until down to 8 athletes, then 15 minutes max. Guys and girls simultaneously. Girls on West pit, guys on East pit Opening: Guys \_\_\_4'\_\_\_/Girls\_\_3'6"\_\_\_

Shot and Discus: will be thrown by school with flights, with 4 throws per athlete (2 and 2 upon entering the ring). **Guys Disc/Girls Shot followed by Guys Shot/Girls Disc**

### Running Event Order 4:00 pm start: (Girls then guys)

110/100 m HH, 100 m dash, 1600 m, 400 m ,(15 minute break), 4x100m Relay (2 teams per gender per school max) 300 m IM, 800 m, 200 m...

*the 3200 meter will be offered at the end for those interested in entering athletes*

## Admissions

\$6 - Adults

\$4 - Students

Over 60 & under 6 are free

Available online at: [https://justagame.com/clients/12\\_caXiG](https://justagame.com/clients/12_caXiG)

- The concession stand will be open for parents and athletes
- A trainer will be on site at 3:45.

Finish line is going to be Finish Lynx for all events.

If you run into issues or problems prior to the meet, please contact Matt Scherbarth

Cell 262-347-8462 or School: [scherma@masd.k12.wi.us](mailto:scherma@masd.k12.wi.us) 262-363-6200 x 25227