

OAK CREEK TRACK & FIELD



Dear Coach:

We are excited to host your team for a JV Coed Track & Field meet on Thursday, May 8th, 2025. We will be starting the field events at 2:30 p.m. and the running events at 3:00 p.m.

Participating schools:

Boys: IT, Mukwonago, NB West, Tosa East, Tosa West, Homestead, SM

Girls: Brook East, IT, Mukwonago, NB West, SM, Tosa East, Tosa West, Homestead

This will be the schedule for this event:

2:00 -- Coaches Meeting

2:30 – Field Events

3:00 – Running Events

1600 m. Run

100/110 Hurdles

3200 m. Run

200 m. Dash

300 m. Hurdles

800 m. Run

100 m. Dash

400 m. Dash

4x400 Relay

3200 m. Run: separate section for B & G. If less than 12 total runners, will combine into one section.

No team scores will be kept.

*Please no varsity athletes. We want the JV kids to have a chance to shine.

Timing for this meet will be handled by Trackside Timing (tracksidetiming.com). Entries can be made [HERE](#). Entry Deadline will be Tuesday, May 6th at 8:00 pm.

- 8 entries allowed for all running events.
- 5 entries in field events. Pole vault will be limited to 4 entries.
- Relays: Only the 4x400 relay with one relay team per school.

The long jump and triple jump will be open pit at the same time. 3 jumps. Open pit times will be determined by the number of jumpers.

Girls Shot first, Boys Discus first. 3 throws, 1 time in the ring. Stakes will be used to mark each attempt, only the best of the three attempts will be measured. *Implements will NOT be weighed, please bring regulation implements.*

High Jump will be run concurrently – 1 pit for Girls & 1 pit for Boys. Girls start at 3' 6", Boys start at 4' 6"

Pole Vault – Girls first with Boys to follow. Starting height (girls 5'0 feet-boys 6'0 feet) moving up in 1 foot increments until girls 7 feet-boys 8 feet, then 6 inch increments. Please have pole verification form signed and dated 4/17/25.

All running events are timed finals. Heats will be set up from slow to fast.

ATHLETIC TAPE IS THE ONLY ACCEPTABLE MARKING MATERIAL.

Students are not allowed into the school building (exceptions for hazardous weather). Bathrooms are available behind the concession stand.

Snacks and beverages will be sold at the concession stand for athletes/spectators..

With all of our athletes competing, we will need help with field events. We are asking that each school provide an individual to run a field event. We will provide workers to aide that person.

Tosa West - Girls Shot

South Milwaukee– Boys Shot

Tosa East– Long Jump

Muk– Boys Discus

New Berlin West- Girls Discus

IT– Triple Jump

Homestead – Boys High Jump

Tosa East– Girls High Jump

Oak Creek- Pole Vault

If you have any questions and/or cannot make the meet, please contact us as soon as possible.

Please make sure your athletes dress for any kind of weather.

Thanks for your cooperation,

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Jim Huemmer (Co-Head Girls Coach): 414-303-8086, j.huemmer@ocfsd.org

Aaron Larson (Head Boys Coach): 608-698-1980, a.larson@ocfsd.org

Justin Flasch (Meet Manager): 414-254-8996, j.flasch@ocfsd.org