



Trinity/St Marcus Invitational

Hosted at Milwaukee Lutheran High School

Saturday, April 27th, 9:00am

SCHOOLS PARTICIPATING: Bethlehem Men. Falls, Christ the Lord, Martin Luther Oshkosh, Mt. Calvary, Trinity, Atonement, St. Marcus, St Jacobi, St Peter's Weyauwega, St. Philip's, St John's Milw, St John's Muk., Star of Bethlehem

Dear Athletic Director's/Coaches,

Thank you for joining us for a fun-filled day on Saturday, April 27th. Efforts are being made to make this a great opportunity for our young athletes to compete and have fun, as well as build positive relationships between our schools. This document will provide all the details and reminders about the meet - **subject to minor changes**

Entry Fee: \$150 per school, payable to St Marcus Lutheran School. Either bring it to the meet or send to:
St Marcus Lutheran School

Attn: Seth Kock

2215 N Palmer St

Milwaukee, WI 53212

Meet Entry:

→ Athlete Registration/Participation Limits

- ◆ We are using Athletic.net for meet registration. When entering your athletes, please enter an approximate seed time to the best of your knowledge. This will get the heats as competitive as possible. You may also leave the time blank if you are more comfortable with that. Those without a seed time will be placed in the earlier-run, "slower" heats.
- ◆ Each school is allowed to enter a maximum of 3 entries per individual event and up to 2 teams per relay
- ◆ Each athlete is allowed a maximum of 3 running and 2 field events
- ◆ Registration is open from now until **Thursday, April 25th at 9pm**
- ◆ No substitutions will be allowed the day of the meet.

Athlete Participation/Eligibility:

→ Athletes must be in 5th-8th grade and students at the school they compete for

- ◆ Divisions will be split by JV (5th/6th gr) and Varsity (7th/8th gr) for both boys and girls.
- ◆ For registration, timing, and organizational purposes, athletes must stay in their graded division. 5th/6th graders may not compete up in the Varsity events.

Meet Scoring, Results, and Awards

- **Timing:** Automatic timing handled by ADE Timing
 - ◆ Live results will be available via ***live.athletic.net***
- **Team Scoring**
 - ◆ Top 8 athletes and relay teams will score points for all events. 10-8-6-5-4-3-2-1
 - ◆ The top scoring teams in each division will receive a team champion award
- **Individual Awards**
 - ◆ Medals will be awarded to the winner of each individual event, and relay
 - ◆ Ribbons will be awarded for 2nd-6th place in each individual event and relay
- **Softball Throw and Standing Long Jump**
 - ◆ To align with the LSA State Meet and encourage participation, these events will not count toward team scores, but individual places and awards will be awarded

Facility: Milwaukee Lutheran High School - THANK YOU

- There will be a few items to point out when we are all there on the morning of the meet.
- **Concessions** will be available provided by MLHS. Please support our hosts in this way.
- **Team Camps**
 - ◆ Teams/Tents may gather between the east endzone and the softball field
- **Athletic Trainer:** Not provided. Please bring your own first-aid

Meet Equipment:

- **Batons:** Please bring your own batons. Some extras may be available upon prior request
- **Shot/Disc:** some shots and a 1kg rubber disc will be available to use. Schools are encouraged to bring their own as well if they have them. There will be no weigh-ins.
- **Spikes:** Spikes are permitted but not required.
- **Starting Blocks:** Blocks will not be used for any of the races in this meet

Coaches' Meeting/Meet Duties

- Coaches' meeting at 8:45am will take place near the finish line on the southeast side of the track.
- Field event scratches may be made at the event, and running event scratches (no replacements) can take place at the coaches' meeting.
- **Field Event Judges**
 - ◆ Schools will be asked to provide one or two volunteers for field events. You may request a specific event, or it will be sent to you in a separate email ahead of the meet
- **Relay Exchange Zones**
 - ◆ Judges for exchange zones will be "volunteered" at the meet

Communication

- **Meet Hosts**
 - ◆ Trinity contact: Cindy Gut - cgut@trinitywels.com - 414-916-1526
 - ◆ St Marcus contact - seth.kock@stmarcus.org - 414-374-3565
- **Weather:** in the case of inclement weather, a decision will be made by 7am on Saturday morning. There is no makeup date if it is rained out.

Sportsmanship

- **It is our primary hope that all participants, regardless of the place they took in an event, will use their talents in a God-pleasing way, display good Christian sportsmanship, enjoy the fellowship of other Christian athletes and schools, and be respectful towards the facility where we are competing! Coaches, please pass this on to your athletes and parents. Thank you!** If you have any questions, please feel free to reach out. We look forward to seeing you on the 29th. Pray for great weather!

Trinity/St Marcus Invitational: Order of Events

8:00 - Facilities Open

8:45 - Coaches' Meeting at Finish Line

9:00 - High Jump begins

9:25 - Field Event Warmups End

9:30 - 1600m

9:30 - Field Events Begin

Field event schedule is below. It will be open pit, split by gender. Different age divisions may compete simultaneously when possible, but will be scored and placed separately.

All field events will be completed before the running events begin.

<u>Long Jump</u>	<u>Triple Jump</u>	<u>Standing Jump</u>	<u>Shot Put</u>	<u>Softball</u>	<u>Discus</u>
<i>North Pit</i>	<i>South Pit</i>	<i>100m Straight</i>	<i>East Endzone</i>	<i>West Endzone</i>	<i>Northeast</i>
Girls First	Boys First	Boys First	Boys First	Girls First	Girls First
Boys Second	Girls Second	Girls Second	Girls Second	Boys Second	Boys Second

At The Conclusion of All Field Events:

100m

4x200m Relay

400m

4x100m Relay

800m

200m

Sprint Medley Relay (100-100-200-400)

All events are timed and placed - no finals

If your contestant is not present when called for his or her event, he or she will be scratched.

PLEASE HAVE YOUR TEAM READY TO BEGIN PROMPTLY AT 9:00 A.M.

NO SPECTATORS WILL BE ALLOWED INSIDE THE TRACK AREA DURING THE RUNNING OF TRACK EVENTS!

Thank you for your cooperation!

Trinity/St Marcus Invitational: Rules

ALL MEASUREMENTS ARE MADE TO THE NEAREST 1/4 INCH

1. STANDING LONG JUMP - THREE (3) tries

- a. Contestants must jump from both feet behind the scratch line. If any part of the foot goes over the scratch line, it is considered a foul (scratch).
- b. The distance of the jump is measured from the scratch line to the point of body contact closest to the scratch line.
- c. The entire foot must be on the ground. If a contestant lands on "tip-toes" they must put their heel on the ground for measurement.

2. RUNNING LONG JUMP - THREE (3) tries

- a. Contestants must jump from behind the scratch line. If any part of the foot goes over the scratch line, it is considered a foul (scratch).
- b. The distance of the jump is measured from the scratch line to the point of body contact closest to the scratch line.

3. TRIPLE JUMP - (Hop, Skip, Jump) THREE (3) tries

- a. Contestants must take off from behind the scratch line with one foot.
- b. Hop shall be made so that the contestant shall first land on the same foot with which he shall have taken off. In the skip he shall land on the other foot from which the jump is subsequently performed.

4. HIGH JUMP - THREE (3) tries at any given height

- a. Jumpers must take off from one foot.
- b. The following constitutes a miss or a try:
 - i. Displacement of the bar
 - ii. Breaking the vertical plane of the bar with any part of the body
- c. A jumper may NOT dive over the bar.
- d. In case of a tie, the least number of misses determines the winner. (If the contestants are still tied, there will be a sudden death jump-off, for those tied, beginning with the starting height.)
- e. The jumper may pass on a lower height. However, if the jumper misses on their opening jump, the scratch is at the starting height.
- f. The jumper is limited to two (2) APPROACHES at any given height.
- g. **5 & 6 Girls** - starting height is 3'4" with 2" increments from 3'4" - 4'; 1" increments above 4'.
- h. **5 & 6 Boys** - starting height is 3'4" increments from 3'-4'; 1" increments above 4'.
- i. **7 & 8 Girls** - starting height is 3'6" with 2" increments from 3'6"-4'; 1" increments above 4'
- j. **7 & 8 Boys** - starting height is 3'8" with 2" increments from 3'8"-4'; 1" increments above 4'6"

5. SOFTBALL THROW - THREE (3) tries

- a. Distance shall be measured by taking the distance from the starting line minus the deviation from the centerline.
- b. Contestants must throw from behind the line and remain behind the line until the ball lands.

- 6. SHOT PUT** - THREE (3) tries. 5th & 6th grade boys and girls, 7th & 8th grade girls will use a six (6) pound shot, and 7th & 8th grade boys will use an eight (8) pound shot.
- The shot shall be put from the shoulder with one hand only.
 - Contestants shall not allow the shot to pass behind or below his shoulder during the attempts.
 - The put must be made from the circle (7-ft diameter)
 - Contestants must remain in the circle until the judge signals the mark.
 - Contestants must regain complete body control before leaving the circle.
 - Contestants must leave the circle from the back.
 - The distance shall be measured from the center front of the circle to the closest edge of the indentation of the shot put.
- 7. DISCUS** - THREE (3) tries
- The disc shall be thrown with one hand.
 - The throw must be made from the circle (approximately 8-foot diameter)
 - Contestants must remain in the circle until the judge signals the mark.
 - Contestants must regain complete body control before leaving the circle.
 - Contestants must leave the circle from the back.
 - The distance shall be measured from a specified point on the front of the circle to the closest edge of the indentation of the shot put.
 - Both boys and girls will throw the 1K disc. Discs will be provided
- 8. 4x100 AND 4x200 METER RELAYS** - Please bring your favorite baton.
- Baton relay around the track.
 - Staggered starts
 - All runners must stay in designated lands throughout the race. (May not run on or inside lane lines.)
 - The exchange zones shall be 30 meters long.
 - The exchange must be made within the zone.
 - The race starts on normal staggered starts, the next two exchanges are the red triangles, the final exchange is on the yellow triangle.
- 9. SPRINT MEDLEY RELAY**
- Distance order is 100-100-200-400
 - Staggered starts
 - The exchange zones shall be 30 meters long.
 - The exchange must be made within the zone.
 - All runner stay in their lane until the 400. The 400m runner may cut to lane 1 immediately upon receiving the baton