



Grafton High School

Home of the Black Hawks

Scott Mantel, Principal

Kevin Moore, Associate
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May 1, 2025

Dear Athletic Directors, Track Coaches, and Officials:

The **BLACK HAWK FROSH/SOPH CO-ED INVITATIONAL Track & Field Meet** will be held on **Friday, May 9th, 2025** at 4:00pm for field events at Grafton High School. Running events will begin at 4:30 pm. Medals will be awarded to the first, second, and third place finishers in each event.

Grafton High School extends a most cordial welcome to you and your squad. We hope that you find your visit and the competition most enjoyable.

Teams:

Grafton, Cedarburg, Hartford, Hmong American Peace, Milwaukee Lutheran, Milwaukee Madison, Milwaukee Marshall, Port Washington, Sheboygan North, Sheboygan South, West Bend West, Whitefish Bay.

Following is some important information pertaining to our meet:

1. Grafton has a seal flex eight-lane track. $\frac{1}{4}$ " spikes may be used.
2. Team entries will be done [Black Hawk Frosh/Soph Invite 2025 - Meet Information \(milesplit.com\)](https://milesplit.com/BlackHawkFrosh/SophInvite2025/MeetInformation). The deadline for entries is Wednesday, May 7th at 8:00 pm.
3. Teams are allowed to enter **two** individuals in each event and **one** entry per relay. An additional **five** wild card entries will be allowed; however, no more than **three** total entries in any event may be used. Each participant will be limited to four events. A contestant may not enter more than three track or three field events.
4. Because dressing facilities are limited at Grafton, please dress at home if possible.
5. Shot put and discus circles are concrete. Rubber soled shoes must be worn.
6. Points will be awarded 10-8-6-5-4-3-2-1 (39) for individual events and 10-8-6-5-4-3-2-1 (39) for relays.
7. Running events will begin at 4:30 pm.
8. Running events will be timed finals. Last section will have the fastest times.

9. Four trials in the shot put and discus. There will be no finals. Places will be determined from all attempts. The discus will be followed by the shot put for boys. The shot put will be followed by the discus for girls.
10. The long jump and triple jump will be conducted by the open pit method. Girls long jump will begin at 4:00 pm and go until 5:15 pm. There will be a 15-minute break with the girls triple jump starting at 5:30 pm. The boys triple jump will begin at 4:00 pm and go until 5:15 pm. There will be a 15-minute break with the boys long jump beginning at 5:30 pm.
11. Starting heights for the pole vault will be discussed at the coaches meeting. Boys first.
12. Starting heights for the high jump will be discussed at the coaches meeting. Girls first.
13. Only contestants, managers, and coaches will be allowed on the field after the track events start. Please have all non-competitors in the stands.
14. Coaches meeting will be under the stadium seating at 3:30 pm sharp. Scratches and replacements will be allowed at that time.

PLEASE READ TO YOUR TEAM:

1. All competitors stay in assigned areas as much as possible. WATCH THE TRACK - STAY OUT OF THE FINISH LINE AREA.
2. Return to field events as soon as possible (15-minute check-out time).
3. Runners are to stay in lanes and walk back to the finish line at the end of the race.
4. Listen for calls for events as given by the announcer.
5. Please have your buses drop athletes off in the west parking lot, then park in the east lot.

If you have any questions, please feel free to call (262) 376-5515.

Thank you,

Kevin Moore
GHS Athletic Director

Frosh/Soph Black Hawk
Order of Events

3:00 Stadium Opens

3:30 Coaches Meeting (located under stadium seating)

4:00 Field Events Begin

Pole Vault Boys followed by Girls
Starting heights: Boys (TBD) and Girls (TBD)

High Jump Girls followed by Boys
Starting heights: Girls (TBD) and Boys (TBD)

Long Jump Girls (4:00-5:15) followed by Boys (5:30-6:45)
4 Jumps

Triple Jump Boys (4:00-5:15) followed by Girls (5:30-6:45)
4 Jumps

Shot Put Girls followed by Boys
4 Throws

Discus Boys followed by Girls
4 Throws

4:30 Running Events Begin

4x800m Relay (Girls/Boys)

100m High Hurdles (Girls)

110m High Hurdles (Boys)

100m Dash (Girls/Boys)

1600m Run (Girls/Boys)

4x200m Relay (Girls/Boys)

400m Dash (Girls/Boys)

4x100m Relay (Girls/Boys)

300m Low Hurdles (Girls)

300m Intermediate Hurdles (Boys)

800m Run (Girls/Boys)

200m Dash (Girls/Boys)

3200m Run (Girls/Boys)

4x400m Relay (Girls/Boys)