



LUTHERAN RED KNIGHTS

9700 West Grantosa Drive – Milwaukee, WI 53222 – 414.461.6000

To: Athletic Directors and Track Coaches
From: Todd Albers, Athletic Director
Re: Red Knight JV Boys and Girls Invite on Thursday, April 21

We are pleased to host our Red Knight JV Track Invitational on Thursday, April 21. If you have any questions, please contact Todd Albers at Milwaukee Lutheran High School at talbers@milwaukeeelutheran.org or at (414) 461-6000 ext. 210 or head coach Darnell Bennett at dbennett@milwaukeeelutheran.org or 414-801-4636.

TIMING: We will be using Trackside Timing and Nate Schreiber will be taking the lead with entries and timing at this event. **The deadline for entries is (Tuesday, April 19 at 8:00 pm)** Please provide an actual time or accurate estimate of a time or mark for each athlete. **If you have a problem with entries, call Nate Schreiber at Trackside Timing at: (414) 322-2231 (cell).**

ALL ENTRIES MUST BE MADE ON-LINE: Go to www.TrackSideTiming.com and click on the **Schedule/Meet Info** tab. Select the meet and click on either **Online Entry** or click on the Meet Name and select **Register Online Now**. If you are unfamiliar with MileSplit entry process, click on the Entries

Meet information, heat sheets and results will be available by clicking on the **meet name** under the **Schedule/Meet Info Tab**.

Live results will be available on www.TrackSideTiming.com by clicking on the **Live Results** tab.

Live results will be available throughout the meet at www.TrackSideTiming.com. Click on the **Live Results** tab. Live results will also be linked through Twitter.

Final Results: Results will be available throughout the meet on **Live Results and posted on the Schedule/Meet Info** tab on www.TrackSideTiming.com. No paper results will be printed.

WHEELCHAIR ATHLETES: If you plan to enter a Wheelchair Athlete, please e-mail school, name, grade and events to www.TrackSideTiming.com

SCHOOLS: DASH, Lake Country Lutheran, Martin Luther, Messmer, Pius XI, Port Washington, St. Joan Antida, Marquette, Milwaukee Lutheran

LOCATION: Milwaukee Lutheran – Pat Falk Field – Milwaukee Lutheran High School

Entrance to the stadium is from the East Gate (sign posted). Pat Falk Field is located behind the school. The East Gate is the only access to the facility. There are 3 primary parking areas. There is the field house lot (east of the MLHS field house), the triangle lot (in front of the school), and the west lot (located on the west end of our property off of Grantosa Drive). You may park on Grantosa Drive but please exercise caution as that is a busy street.

SPECTATORS: Admssion is free of charge for this event.

CONCESSIONS/HOSPITALITY: Concessions will not be available throughout the day. Please remind your athletes they will need to provide their own food. Hospitality Room will be set up for all Coaches and Officials throughout the day in the Red Knight Room.

SCHEDULE: Coaches Meeting at 3:30 PM In the Red Knight Room (follow the signs), Field Events Begin at 4:00 PM, Track Events Begin at 5:00 PM. Scratch and Replace will be allowed at the coach meeting. Please keep to an absolute minimum. No additions.

ENTRIES: Three (3) individuals per event, but only one (1) relay team per event. Teams are reminded that each athlete is limited to 4 entries (3 running and 1 field, or 3 field and 1 running, or 2 field and 2 running).

SCORING: Top 8 places will score for all events. Points will be 10-8-6-5-4-3-2-1.

AWARDS: Ribbons will be provided will be awarded to first, second, and third places in each event.

SPIKES: Milwaukee Lutheran has a Seal-Flex track – 6 lanes on the oval, 8 lanes for sprints. Spikes will be checked. You may wear ¼” pyramid spikes. Spikes may be used on the track, jump approaches, and runways.

- Starting blocks will be available. You may bring your own blocks if you wish. ¼” pyramid spikes will be allowed in the blocks.

LONG JUMP/TRIPLE JUMP: Open pit – 4 jumps – no finals. Long Jump will be Boys first, then Girls. Triple Jump will be Girls first, then Boys. “Cafeteria Style”.

SHOT PUT/DISCUS: Flights – 4 attempts – no finals. Shot Put will be Boys first, then Girls. Discus will be Girls first, then Boys. 2-2 format.

HIGH JUMP: Starting heights will be announced at the coaches meeting. High Jump will be Boys first, then Girls. “5 Alive” procedure will be utilized.

POLE VAULT: There will be **NO Pole Vault Competition**. Milwaukee Lutheran does not have pole vault capability.

LOCKER ROOMS/BATHROOMS: Bathroom facilities will be available, but Locker rooms are NOT available. Please have your athletes come dressed to compete. The field house track will be available for warmups if the weather is poor.

TEAM CAMPS: Please set up team camps outside the Stadium fence or in the cafeteria courtyard and not in the bleachers. Please clean up area before you leave. All Non-Competitors and Coaches are asked to please stay out of the infield.

OFFICIALS: Mary Blandino (Clerk), Tim Shore (Starter), Mark Pagach (Starter)

TRAINER: Juneau McFadzen, Athletic Trainer from Froedert Sports Medicine will be available.

EVENT FEE: If you have not yet paid your \$75 single gender or \$150 entry fee (for schools entering both genders), please send it to us ASAP.

ASSIGNMENTS: Coaches please be ready to run the following events:

- **Discuss:** Port Washington
- **Shot Put:** Marquette
- **Long Jump:** DASH
- **Triple Jump:** MLHS
- **High Jump:** Lake Country Lutheran
- **Finish Line:** Pius, Marquette, DASH
- **Exchange Zones for Relays:**
 - 4x100m - Messmer (1st Exchange), Martin Luther (2nd Exchange), St, Joan (3rd Exchange)
 - 4x200M - Port Washington (1st and 3rd Exchange), Milwaukee Lutheran (2nd Exchange)

Order of Events:

3:30pm Coaches' Meeting (Field House)

4:00pm **Field Events Begin**

Shot Put

Discuss

Triple Jump

Long Jump

High Jump

5:00pm **Running Events Begin**

4x800m Relay final (girls, then boys)

110m H timed finals (boys)

100m H timed finals (girls)

100m timed finals - no prelims (girls, then boys)

1600m Run (girls, then boys)

4x200m Relay (girls, then boys)

400m (girls, then boys)

4x100m Relay (girls, then boys)

300m H (girls, then boys)

800m (girls, then boys)

200m (girls, then boys)

3200m (girls, then boys)

4x400m Relay (girls, then boys)