

Co-Ed JV Open Invite

4-16-25

Teams: Mukwonago, Muskego, Waukesha South, Waukesha West, CMH, St Augustine Prep

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

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

Entries window opens Sunday March 30th at 1am, due Midnight 4/14

Entries will only be accepted online through MileSplit Wisconsin

- Coaches can access on-line entries directly at wi.milesplit.com
- The meet is titled "JV Unlimited 2025" in wi.milesplit.com. Log in to your account and find the meet in the calendar. All entries submitted by Monday April 14th at Midnight.

Meet information, start lists, and results will be posted at MukTrack.Com
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 4:15 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 if coaches are willing to time their own athletes

Admissions

\$6 - Adults

\$4 - Students

Over 60 & under 6 are free

Available online at: 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 262-363-6200 x 25227