



ARROWHEAD HIGH SCHOOL Myrhum Varsity Invitational Saturday, May 4, 2024



WEATHER UPDATE

6:00- Clearance for Return to Outside
& Warm Up
6:20 - proceed !

COACHES FINAL INFO

(Heats Sheets Available NOW!)

We look forward to hosting your team at the Myrhum Varsity Invitational. Please share this information as needed. This document will be current with most recent changes reflected within.

Heat Sheets are linked [HERE](#)

Head Coaches should check email for the form to fill out if there is an issue with a missing athlete after registration closes on Monday, April 29. Athletes must have a seed time in milesplit. Athletic.net results and seeds will not be viewed.

Myrhum Meet Records - [Girls Here](#)

Myrhum Meet Records - [Boys Here](#)

FORMAT FOR 2024

Similar to indoor state, minimum standards must be met by all athletes in order to compete in this meet.

- In an effort to preserve the high level of competition and to allow for more teams to enter we are requiring all athletes to meet minimum standards.
- This will control the number of heats and flights contested and ultimately the length of the meet.
- Anyone interested in competing in this meet should contact our activities office to obtain a contract.
 - Activities Director, Ryan Mangan - mangan@arrowheadschoools.org
 - Activities Office Assistant, Tina Groff - groff@arrowheadschoools.org
- All athletes on a school team will be required to meet these minimum standards to be allowed to compete in the meet.
- Thank you for adhering to these guidelines.
- The contracts will be sent with these minimum standards. By signing the contract you agree to these terms.
- **Individuals and relay teams** are welcome to participate as long as they meet the same minimum standard.
- **Fee Structure:** Everyone will receive a contract (teams, individuals, and relays)

- The fee for a one gender team of 5 or more individuals is \$200 (\$200 for girls team AND \$200 for boys team)
- The fee for each individual is \$40. (Up to 5 of the same gender, then pay the 'team' fee.)
- 1 athlete = \$40, 2 athletes = \$80, 3 athletes = \$120, 4 athletes = \$160, 5 athletes = \$200
- 6 athletes (same gender) = \$200, 1 relay team (4 athletes) = \$160, 3 boys and 3 girls = \$240
- We will use our standard school contract system so your athletic department can request payment as usual.
- Payment brought to the meet can be turned in to Coach at the awards table
- Payment can be mailed to Arrowhead High School, Attn: Activities Office, 800 North Avenue, Hartland, WI, 53029
- To participate in this meet please proceed to
 - Register on PTTiming.com
 - Obtain a contract through our Activities Office (noted above)
- The Minimum Standards are as follows:

Myrhum Invite Standards 2004

Athletes must have hit the standard in 2023 or 2024 to compete at the Myrhum. Athletes who are entered but have no evidence of that mark or time will be removed before the meet is seeded. If you have a case to make for an athlete who has not competed in an event yet, is coming off an injury, is using a mark that is **not registered in MileSplit** or needs to use a mark from last season you will need to contact meet management. Email: [Chris Herriot herriot@arrowheadschoools.org](mailto:Chris.Herriot@arrowheadschoools.org)

Please also note the opening heights and measurement standards in the meet info following.

2024		
		
GIRLS		BOYS
10:20	4X800	8:30
13.50	100	11.70
18.00	100/110	17.50
5:35	1600M	4:40
1:51	4X200	1:36
1:05.00	400	54.50
52.50	4X100	45.30
52.50	300H	46.50
2:32	800	2:03
28.00	200	23.70
12:15	3200	10:20
4:30	4X400	3:45
OPEN	4X400 MIX	OPEN
15-08	LONG JUMP	20-00

CO-ED 4x400 Relay Returning in 2024

- Co-Ed 4x400 relay was new in 2023
- It will be run as the last event of the meet
- Points will be awarded to both teams.
- The order of runners will follow the world championship order: **M-F-M-F**

Questions can be directed toward our **meet manager**:

- Athletic Director, Ryan Mangan at mangan@arrowheadschoools.org or 262-369-3612 X 4203
- Head Boys Track & Field Coach, **Chris Herriot** at herriot@arrowheadschoools.org

Meet Site:

Arrowhead High School - Taraska Stadium
700 North Ave
Hartland, WI 53029

Schedule *(Subject to be adjusted slightly depending on the number of entries we receive):*

12:00 - Implement Weigh-In at the shed by the shot put area on the far west side of the athletic fields
12:00 - Coaches Meeting in the parking lot south of the Morton storage concession building at the southwest corner of the track,
12:30 - Long Jump - Boys and Girls - using 2 pits
12:45 - Pole Check-In opens for pole vault at pole vault pits on north end of track
1:00 - High Jump - Girls (Boys at 4:00)
1:00 - Discus - Boys first, followed by Girls
1:00 - Shot Put - Girls first with Wheelchair Division, followed by Boys
1:00 - All Heats Other than the Championship Heat of 1600 and 3200, as entries dictate
1:55 - National Anthem
2:00 - Pole Vault - Boys and Girls - using 2 pits
2:15 - 4x800
2:40 - Wheelchair 1500 **(New in 2004)**
3:00 - Running Events - Finals Only - Rolling Schedule
4:00 - High Jump - Boys
4:00 - Triple Jump - Girls
4:30 - Triple Jump - Boys

Entry Limits: Per WIAA rules, an athlete may compete in a maximum of four events, but no more than 3 track events or 3 field events. Relay team members need not be declared in advance. Each school may enter **28** total individual entries. Relays **DO NOT** count as an individual entry. All entries must meet the minimum standards. No more than **3** individual entries per event are allowed per school. No more than 1 relay team per relay event is allowed per school.

Entry Process: Register online at www.pttiming.com. Click on schedule, find event.

Entry Deadline: **Monday, April 29 at Noon** A \$50 late fee will be assessed if registration needs to be reopened. Minimal changes will be accepted at the coaches meeting. Qualifying marks need to be recorded in milesplit. Otherwise you must contact meet management at herriot@arrowheadschoools.org.

Heat Sheets: Will be available on the pttiming.com website PTTIMING.COM

Officials: Tom Emmerich, Dennis Meyer, Mark Pagach

WIAA Sportsmanship Verification Form - [Here](#)

Coaches, Please download, sign, and bring to the meet to be turned into the meet Referee or the collection box in the Morton Storage Concession Building at the SW corner of the track.

We will have forms available for you to fill out at the meet.

Please do NOT send forms to the activities office.

Completed forms CAN be emailed to Jill Bradley at bradley@arrowheadschoools.org.

Jury of Appeals: 2 officials, Head Track Coach from a Oconomowoc, Head Track Coach from Sussex Hamilton, and 1 meet manager

Team Area: Please set up your team camps outside of the track's fence..

We ask that no spectators be on the infield. Warm ups will be allowed on the backstretch and on the far east side of the infield as long as athletes do not interfere with races in progress. Locker rooms are not available. Please have your athletes wear their uniforms to the meet as restroom space is limited and constrained. Restrooms are available in the building in the parking lot at the south side of the track as well as dispersed portable restrooms on site.

Bus / Van Parking:

Please share with your bus and van drivers that they should park in the lot on the far North East side of the stadium to facilitate parking, traffic and potential congestion. Hartbrook Strip Mall at 580 Hartbrook Drive in Hartland is just to the SouthEast of campus where there is ample parking, food and restrooms. Thank you for your assistance in this matter.

Restricted Areas: Restricted areas will include the track infield, all eight lanes of the track running surface, the clerking area, the starting lines, the finish line, finish line area and the scorer's tent. Only a limited number of coaches per team will be allowed in the high jump and pole vault areas. All other coaching shall be done from outside the fence. Once the high jump or pole vault has been completed or your athlete is finished, you must exit the area. Spectators for the pole vault must remain in the designated area on the north side of the track.

Trainer: The trainer will be available outside the track, near the scoreboard. Please provide your own tape, wraps, braces, etc.

Spikes: Arrowhead has an 8 lane all-weather track that will accept ¼” spikes. This includes pole vault, high jump, long jump and triple jump runways.

Hospitality: Limited menu will be available in the Morton storage concession building at the southwest corner of the track. A message from Arrowhead’s Athletic Director, Ryan Mangan is [here](#)

Concessions: Will be available, accepting cash and **credit!**
Food trucks will also be available

T-Shirts for Sale! Customize your own with our T-Shirt Vendor, Fine Designs

Scoring: Individuals & Relays: 10-8-6-5-4-3-2-1. The CO-ED 4x400 relay will split the points earned between the boys and girls teams.

Awards: Medals for 1st – 6th places, Team Plaques for 1st and 2nd place. Running event results are compiled immediately after the final heat of their running race. Field event results are compiled as timely as possible after the conclusion of the event.

- Athletes should pick up their medal at the awards table.
- Top 3 places will be announced and presented on the awards stand when all 3 athletes or relay teams are present.

Admission: \$6 for adults, \$3 for students, 60+ free, 6 and under free
Cash or credit at the door or tickets sold in advance on Just a Game -
https://justagame.com/clients/649b53c262d9ck1way/imp_65f0db30b06b27cBTC

Myrhum Track & Field Meet will be **live streamed:** - [Link Here](#)

Field Events

- **Long Jump - Start time is 12:30**
 - Boys on West Pit
 - Girls on East Pit
 - Trials in open pit format - where they will each take 3 preliminary trial jumps
 - Top 9 competitors will advance to finals for 3 more jumps in flight format
 - Order of competition for finals will be where the jumper with the best trial will jump last
 - Coaches who do not have an athlete actively competing are considered spectators and must remain outside the track in the designated spectator areas.
 - Check out time will be 15 minutes. The clock will start when the athlete is called for their next attempt.
 - **Girls Long Jump** Myrhum Meet qualifying distance is 15-8
 - Minimum measurement will be 15-0
 - Jumpers must jump at least the minimum distance to be measured
 - Flights are approximately 25 jumpers - open pit style

- 12:30 to 1:30 - Flight 1
 - 1:30 to 1:45 - Warm Up for Flight 2
 - 1:45 to 2:45 - Flight 2
 - 2:45 to 3:00 - Warm Up for Finals
 - 3:00 to 3:30 - Finals
- o **Boys Long Jump** Myrhum Meet qualifying distance is 20-0
 - Minimum measurement will be 19-0
 - Jumpers must jump at least the minimum distance to be measured
 - Flights are approximately 25 jumpers - open pit style
 - 12:30 to 1:45 - Flight 1
 - 1:45 to 2:00 - Warm Up for Flight 2
 - 2:00 to 3:15 - Flight 2
 - 3:15 to 3:30 - Warm Up for Finals
 - 3:30 to 4:00 - Finals
- **Triple Jump - Start Time is 4:00 - Girls - 4:30 - Boys**
 - o Boys on West Pit
 - o Girls on East Pit
 - o Trials in open pit format - where they will each take 3 preliminary trial jumps
 - o Top 9 competitors will advance to finals for 3 more jumps in flight format
 - Order of competition for finals will be where the jumper with the best trial will jump last
 - o Check out time will be 15 minutes. The clock will start when the athlete is called for their next attempt.
 - o **Girls Triple Jump** Myrhum Meet qualifying distance is 30-0
 - Minimum measurement will be 29-0
 - Jumpers must jump at least the minimum distance to be measured
 - Flights are approximately 20 jumpers - open pit style
 - 3:30 to 4:00 - Warm Up for Flight 1
 - 4:00 to 5:30 - Flight 1
 - 5:30 to 5:45 - Warm Up for Flight 2
 - 5:45 to 7:15 - Flight 2
 - 7:15 to 7:30 - Warm Up for Finals
 - 7:30 to 8:00 - Finals
 - o **Boys Triple Jump** Myrhum Meet qualifying distance is 39-0
 - Minimum measurement will be 38-0

- Jumpers must jump at least the minimum distance to be measured
- Flights are approximately 20 jumpers - open pit style
- 4:00 to 4:30 - Warm Up for Flight 1
- 4:30 to 5:30 - Flight 1
- 5:30 to 5:45 - Warm Up for Flight 2
- 5:45 to 6:45 - Flight 2
- 6:45 to 7:00 - Warm Up for Finals
- 7:00 to 7:30 - Finals

● **High Jump - Start Time is 1:00 pm - Girls, (Boys at 4:00)**

- One pit - Girls first, followed by boys
- Five Alive format
- Girls Myrhum Meet qualifying height is 4-10
 - Opening height will be 4-8
- Boys Myrhum Meet qualifying height is 5-10
 - Opening height will be 5-8
- No surface markings will be allowed within 5 feet of the standards
- Coaches who do not have an athlete actively competing are considered spectators and must remain outside the track in the designated spectator areas.
- Check out time will be 15 minutes. The clock will start when the athlete is called for their next attempt.

● **Pole Vault - Start Time is 2:00 pm**

- 12:45 - Pole Check-In Opens at the pits on the north side of the track
- Two pits - Boys on South Pit, Girls on North Pit
- Five Alive format
- Girls Myrhum Meet qualifying height is 10-0
 - Opening height will be 9-6
- Boys Myrhum Meet qualifying height is 12-0
 - Opening height will be 11-6
- Bring a copy of weight verification form to the event
- All parents and spectators must stay outside of the track. There is a designated area on the north side of the track for spectators.
- Club coaches and coaches who do not have an athlete competing today are considered spectators and must remain outside the track in the designated spectator areas.

- **Shot Put - Start Time is 1:00 pm - Girls,** Boys to follow
 - Wheelchair Division and Girls, followed by Boys
 - 3 trials for each athlete in flight format
 - As one flight is competing the next flight will warm up in the second ring to be ready to throw as soon as the flight ahead of them is complete
 - Top 9 competitors will advance to finals for 3 more throws where the thrower with the best trial will throw last
 - **Girls Shot Put** Myrhum Meet qualifying distance is 30-0
 - Minimum measurement will be 29-0
 - Throwers must put at least the minimum distance to be measured
 - **Boys Shot Put** Myrhum Meet qualifying distance is 45-0
 - Minimum measurement will be 44-0
 - Throwers must put at least the minimum distance to be measured
 - Flights of approximately 10-11 throwers

- **Discus - Start Time is 1:00 pm - Boys,** Girls to follow
 - Boys first followed by Girls
 - 3 trials for each athlete in flight format
 - Flights of approximately 10 - 12 throwers
 - As one flight is competing the next flight will warm up in the second ring to be ready to throw as soon as the flight ahead of them is complete
 - Top 9 competitors will advance to finals for 3 more throws where the thrower with the best trial will throw last
 - **Boys Discus** Myrhum Meet qualifying distance is 120-0
 - Minimum measurement will be 115-0
 - Throwers must throw at least the minimum distance to be measured
 - **Girls Discus** Myrhum Meet qualifying distance is 90-0
 - Minimum measurement will be 89-0
 - Throwers must throw at least the minimum distance to be measured

Running Events:

Girls will run first followed by boys

All Running Events are timed finals

All athletes will obtain their hip numbers at the north end of the straightaway

All events will be clerked at the north end of the straightaway

1:00pm

Heat 1 of 2 - boys 1600 at 1:00- Championship Heat (Heat 2) will be during the regular schedule of events
(Heat 1 of 1 - girls 1600 will be during the **regular schedule of events**)

Heat 1 of 2 - boys 3200 at 1:10 - Championship Heat (Heat 2) will be during the regular schedule of events
(Heat 1 of 1 - girls 3200 will be during the **regular schedule of events**)

1:55 - National Anthem

2:15 – 4 x 800 Relay

2:40 - Wheelchair 1500 Meters (New Event in 2024)

3:00 - 100 / 110 High Hurdles

Wheelchair 100

100 Dash

100 Dash Special Olympics

1600 Run (Mike Mulrooney Mile) - Girls Championship Heat (Heat 1 of 1)

1600 Run (Mike Mulrooney Mile) - Boys Championship Heat (Heat 2 of 2)

4 x 200 Relay

Wheelchair 400

400 Dash

4 x 100 Relay

300 Low & Intermediate Hurdles

Wheelchair 800

800 Run

200 Dash

3200 Run - Girls Championship Heat (Heat 1 of 1)

3200 Run - Boys Championship Heat (Heat 2 of 2)

4 x 400 Relay - Girls Heats 1 & 2 of 3

4 x 400 Relay - Boys Heats 1, 2, & 3 of 4

4 x 400 Relay - Co-Ed Heat 1 of 2

4 x 400 Relay - Girls Championship Heat (Heat 3 of 3)

4 x 400 Relay - Boys Championship Heat (Heat 4 of 4)

4 x 400 Co-Ed Relay - Championship Heat (Heat 2 of 2)