



Pole Vault: Monday, May 14th, 2018
@ Shoreland Lutheran HS @ 4:00pm
Running and Field Events: Wednesday, May 16th, 2018
@ Martin Luther HS 3:00pm

TO: Varsity Head Track Coaches and AD's

TIMES: 3:00pm: Coaches Meeting (press box)
3:30pm: Field Events Begin
4:00pm: Running Events Begin

PLACE: Martin Luther High School, 5201 South 76th Street
8 Lane Rubberized Track & Long/Triple Jump/High Jump – ¼” pyramid spikes only

ENTRIES: Entries must be entered online on PT Timing listed under “Metro Classic Conference Invite” by **Monday, May 14th at NOON** with seed times and distances. You may begin your entries on Thursday, May 10th at Noon. One relay, per team, per event. Twenty-eight entrants combined for the open events and field events. No more than three individuals in any event.
FINAL SCRATCHES ONLY WILL BE DONE AT COACHES MEETING, AND THERE WILL BE NO RESEEDING OF MEET UNLESS COMBINING OF HEATS IS NECESSARY.

OFFICIALS: Scott Lindgren, Stephen Ward and Jefferson Davis

WORKERS/JUDGES: Attached to email

AWARDS: Medals will be awarded for first, second, and third places in all events.

CONCESSIONS: will be available

ADMISSION: Will be charged at gate for all spectators
Adults: \$5
Seniors: \$3
Students: \$2
Children 5 and under FREE

****With the exception of high jumpers, please keep all athletes off of the infield during the meet.***

ORDER OF EVENTS:

Field Events:

Pole Vault – Girls then Boys (*Monday, May 14th*)
Discus – Girls then Boys
Shot Put – Boys then Girls
Long Jump – Cafeteria Style: Boys then Girls
Triple Jump- Cafeteria Style: Girls then Boys
High Jump – Boys then Girls

(THERE ARE NO BREAKS FOR JUMPS AND THROWS)

Running Events:

3200m Relay – Girls/Boys
Prelim 100m Dash - Girls/Boys
Prelim 110m High Hurdle – Boys
Prelim 100m High Hurdle – Girls
15 minute break
Final 100m High Hurdle – Girls
Final 110m High Hurdle – Boys
Final 100m Dash - Girls/Boys
1600m Run - Girls/Boys
800m Relay - Girls/Boys
400m Dash - Girls/Boys
400m Relay - Girls/Boys
300m Int. Hurdles - Girls/Boys
800m Run - Girls/Boys
200m Dash - Girls/Boys
3200m Run - Girls/Boys
1600m Relay - Girls/Boys

QUESTIONS:

Contact Corey Scheel, Lead Track & Field AD at
cscheel@martinlutherhs.org (414) 421-4000 ext. 206 or 262-751-5485
(cell)