



**Pole Vault: Monday, May 14<sup>th</sup>, 2018**  
**@ Shoreland Lutheran HS @ 4:00pm**  
**Running and Field Events: Wednesday, May 16<sup>th</sup>, 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 14<sup>th</sup> at NOON** with seed times and distances. You may begin your entries on Thursday, May 10<sup>th</sup> 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 14<sup>th</sup>*)  
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](mailto:cscheel@martinlutherhs.org) (414) 421-4000 ext. 206 or 262-751-5485  
(cell)