



KML JV Invitational

At Kettle Moraine Lutheran High School
Thursday, April 27th, 2023, 4:00pm

Schools Participating: Cambridge, DASH, KML, Kewaskum, Germantown, Kingdom Prep, Living Word, Luther Prep, St. Joseph Catholic Academy, WCHSA, West Bend East/West Co-Op

Meet Checklist:

1. Please remit the \$100 entry fee, if you have not already. \$100 covers both gender teams (fee is the same, if only B/G).
2. Medals will be awarded for all first place finishes (please stop by the press box after the meet to pick them up).
3. Each school is allowed a maximum of 4 entries per running event/unlimited entries for field events.
4. Each school is allowed up to 2 relay teams per relay event contested. Only the top relay team will score.
5. All athletes will be allowed to compete in no more than 4 events (with at least one being a field event or one being a running event).
**Scoring will be as follows: Individual Events 10-8-6-5-4-3-2-1/ Relays 10-8-6-5-4-3-2-1*
6. A coaches' meeting will take place at **3:30 PM** at the press box. **By 9:00am on meet day, please email any scratches/replacements to Joe Greefkes. At the coaches meeting, we will only accept scratches.** Please keep this to a minimum (field event scratches are to be given at the field event).
**See the order of events page for relay exchange help that is needed.*
7. Field events will start at **4:00 PM** and running events at **4:30 PM**.
8. At 4:00 we will run the girls long jump, boys (blue pit) and girls (green pit) high jump, boys triple jump, boys discus, and girls shot. All athletes in triple jump, long jump, discus and shot will have **3** attempts with no finals. The remaining field events will be called as the initial wave of field events concludes.
9. We will not run a pole vault competition.
10. All entries must be submitted by **Tuesday, April 25th, by 11:59pm**. Entries are to be made on *Athletic.net*.
11. All events will be run as finals with no preliminaries.
12. Please bring your own implements and batons. No weigh-ins required. Blocks will be provided.
13. Athletes should check in with the clerk of course or the event official upon the first call of that event (hip #'s R hip).
14. Team Camps: Camps are allowed in the grass area along the east side of the track outside the fence. **NO team camps are allowed on the infield of the track, in the bleachers, or at the finish line.** The infield can be used for athletes warming up for their events. Please stay back from the finish line.
15. Concessions: Will be available (located near the press box, at the rear entrance to the school);
13. Officials: Nancy Pietrowiak and Cal Stanke
14. Track Information: KML's track is an 8-lane rubberized track. ¼ inch spikes are allowed. The long jump, triple jump areas are located east of the track. Our discus and shot put areas are located north of the jump runways.

Sincerely,

Mr. Joe Greefkes
Kettle Moraine Lutheran High School, AD/Head Track Coach
joe.greefkes@kmlhs.org 262-677-4051 ext. 4003

KML JV Invitational: Order of Events

4:00 Field Events Begin

-Two pits will be used simultaneously for high jump

**Blue pit- boys / Green pit- girls*

-The boys will go first in the discus and triple jump – 3 attempts (no finals)

-The girls will go first in the long jump and shot put – 3 attempts (no finals)

4:30 Running Events Begin (Girls followed by Boys)

3200 m relay (will likely run the boys and girls together)

100/110 m HH

100 m

1600 m (may run the boys and girls together)

800 m relay (coaches are to assist with ensuring exchanges are legal)

400 m

400 m relay (coaches are to assist with ensuring exchanges are legal)

300 m IH

800 m

200 m

3200 m (boys and girls will be run together)

1600 m relay (coaches are to assist with ensuring exchanges are legal)



KETTLE MORAINÉ LUTHERAN T&F COMPLEX

