

# GREENDALE PANTHERS TRACK & FIELD

## GREENDALE PANTHER VARSITY INVITE INFORMATION

Wednesday May 8, 2024

1. **Time Schedule:**

Facility Opens	2:15 PM
Shot/Disc Weigh-in	2:45 PM
Coaches Meeting	3:00 PM
Field Events	<b>3:30 PM</b>
Running Events	<b>4:00 PM</b>
  
2. **Teams:** Badger, Greenfield, Martin Luther, NB West, Racine Lutheran, Saint Thomas More, West Allis Central, Westosha Central
  
3. **Officials:** Nancy Pietrowiak, Stephen Ward, John Woreck
  
4. **Entries:**

5 ENTRIES per individual **RUNNING** event.  
5 ENTRIES **Long Jump, Triple Jump, High Jump.**  
3 ENTRIES **Pole Vault, Shot Put, Disc.**  
1 ENTRY per relay.  
Each athlete is limited to 4 events per WIAA regulations.  
**NO 3200 M RELAY OR 3200 RUN - 1600 RUN is 1st event**

**Entries are due by 8:00PM Monday May 6th, 2024.**  
Teams can access on-line entry through [www.tracksidetiming.com](http://www.tracksidetiming.com) or by going to the MILESPLIT WI site.
  
5. **Scoring:** YES
  
6. **Awards:** The joy of competing!!!
  
7. **Games Committee:** Corey Binnebose, Official #1, Official #2, a Boys & a Girls Coach
  
8. **Restricted Areas:** **There will be a section of the turf field open for warm-ups.**  
**There will be another section of the turf field restricted for all athletes.**  
**NO TEAM CAMPS ON TURF FIELD.**  
**COACHES - please pick-up team camp trash prior to leaving.**  
Teams may set camp in or under the bleachers, on grass area outside of the Long/Triple Jump runways, or on grass outside of HJ.
  
9. **Check-In:** 2 Step Check-in:  
1st - Hip numbers will be located at a table in the far end zone.  
2nd - The clerk will be located near the 100m start area on the track.
  
10. **Check-Out:** **15 minute check-out:** time starts when their name is called after checking out.
  
11. **Facility:** **\$5 ADMISSION - CASH ONLY**  
8 lanes, ¼" or smaller pyramid spikes only.  
**CHALK ONLY PLEASE!!!!!!!!!!!!**  
LJ, TJ, and Pole Vault runways allow for spiked shoes. Shot Put and Discus are concrete.  
Restrooms and concession stand are available near the finish line. Athletes are not allowed in the school

**12. Trainer:** The Athletic Trainer will be located outside of the track near the finish line.

**13. ORDER OF EVENTS:**

3:30 Pole Vault girls first, opening heights: girls 6', boys 7'  
High Jump boys first, opening heights: boys 5', girls 4'  
Shot Put girls first, flights, 3 throws, NO finals, 1-1-1  
Discus boys first, flights, 3 throws, NO finals, 1-1-1  
Long Jump girls first, open pit, 3 jumps (runway closest to track) - 90 minutes  
Triple Jump boys first, open pit, 3 jumps (runway furthest from track) - 90 minutes  
**\*\*\*amount of open pit time will be adjusted based on number of entries**

4:00 Girls will compete first in all running events.

**1600 Meter Run**

100/110 HH Timed Finals

100 Dash Timed Finals

800 Meter Relay

400 Meter Dash

400 Meter Relay

300 Meter LH/IH Hurdles

800 Meter Run

200 Meter Dash

1600 Meter Relay

**14.** Participating schools will be asked to provide a coach to run the following events:

Boys HJ – Badger

Boys TJ – Greenfield

Girls HJ – Greendale

Girls TJ – Greendale

Boys PV – Greendale

Boys LJ – WAC

Girls PV – Greendale

Girls LJ – Racine Lutheran

Boys SHOT – St. Thomas More

Boys DISCUS – Martin Luther

Girls SHOT – NB West

Girls DISCUS – Westosha Central

4x200 Relay Zones #1/#3 - Greendale and Martin Luther

4x100 #1/#2/#3 - Greendale and NB West

If we should encounter dangerous weather all athletes/coaches will be directed into our school gym - we will guide everyone down the path back directly towards the school entrance and into the main gym.

We look forward to hosting the Greendale Panther Invite and your team. See you on May 8, 2024.

Thank you for participating.

Greendale Track & Field Head Coaches

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