***MUKWONAGO TRACK & FIELD***

April 13, 2021

To: Athletic Directors and Track Coach of:

Elkhorn Kenosha Bradford Kenosha Tremper

Mukwonago (Host) Oak Creek Sussex Hamilton

Racine Case Waukesha West

From: Vince Komar - Meet Manager

Re: Mukwonago “M” Club Coed Relays

 Saturday, May 1, 2021 (Rain date – Thursday, May 3rd, 2021)

The 2021 “M” Club Coed Relays will be held, on Saturday, May 1, 2021.

* Field events start at 10:00 a.m.
* The distance medley relay begins at approximately 10:10 a.m.
* Coaches will pick up their packets in the press box at 9:15 a.m.
1. **Entries** are to be done online at www.athletic.net by **NOON on THURSDAY**

**April 29th**. The website will be available at noon Thursday April 22nd to start entering line-ups

ALL ENTRIES ARE TO BE MADE AT www.milesplit.com

1. Visit the www.muktrack.com/meets website.
2. Click “M Club Relays 5-1-2021”
3. This will take you to the meet page at milesplit.com
4. Click the green Register Online Now in upper right corner
5. Enter athletes and Relay Teams.
6. Information & Complete results will be posted on www.muktrack.com
7. The school will be off limits to athletes for the entire time. Concession and Restrooms will be available behind the spectator area for fans and athletes.
8. **1/4” spikes** will be permitted in the running events. Spikes may be worn in all events except shot put and discus.
9. Entry fee - $150.00 per team. Make checks payable to Mukwonago High School and mail to:

Andy Trudell, Athletic Director

Mukwonago High School

605 W. Veterans Way

Mukwonago, WI 53149

1. Opening height in the boys high jump will be 4’8” and will go up by 2” increments until six jumpers are left then by 2”. Girls opening height will be 4’0” – up by 2” increments until 5’0”, then by 1”.
2. Shot put and discus (4) trials per individual.
3. Long jump and triple jump. Open pit in both events (4) jumps per individual – no finals.
4. Meet management **cannot** waive the uniform requirements regardless of weather.
5. Since this is the first outdoor meet for most teams, we ask that you try to be realistic in your seed times. Any ties in seed times will be drawn from a hat (or box if we can’t find a hat).
6. We will not be running a High Hurdle Shuttle. It will be replaced with a High Hurdle composite like the 300 Intermediate Hurdles. Hurdlers will run in individual heats, and the three individual times will be added together for a team time. Since this is the first outdoor meet of the season, this will allow every hurdler a chance for an open race. We will also be able to take advantage of wind conditions. Please submit individual times for seeding. **Heats will be formed by time with the last heat being the fastest section**.

Refreshments will be available to all coaches at the coaches meeting from 9:15 to 10:00 am. As this is an all volunteer run meet, we will happily accommodate anyone you have who is a track enthusiast – just call or let us know!

Procedural Format:

1. The bullpen for athletes will be at the northwest corner of the track, except for 300 L.H. which will be on the back stretch. Please report on second call. Athletes will be dismissed from the bullpen directly to the relay position. All relay instructions will be given in the bullpen, not at the starting line.
2. To allow for social distancing, we will run 2 shot & 2 discus circles. We will split up teams to limit coaching conflicts (4 Throws).
* All implements will be weighed in the “*M*” Shed from 8:45 to 9:30.
1. Long Jump/Triple Jump:

10:00 – 11:30 a.m. – Girls long jump/Boys triple jump

11:50 – 1:20 p.m. – Boys long jump/Girls triple jump

 (4 jumps – Open Pit – No Finals)

\*20 minutes of warm-ups between events…we will run ahead of schedule if we finish before 1 ½ hour open pit time limit.

1. Pole Vault – we will run two pits to allow the pole vault to finish before the end of the meet:

**\*\*\* Girls will start at 10:00am and the guys will start at 10:20…this will allow vault coaches to warm-up each of their vaulters due to pits being in different locations.**

1. girls will start at 6’ and move up by 6” increments
2. boys will start at 8’ and move to 9’, then 10’ prior to 6” increments

Good Luck – Pray for good weather!!!

85o and Sunny

SPECTATOR ADMISSION POLICY:

Adult - $4.00 Student - $3.00 Children 12 and under with parent - FREE