



# Brookfield Central Lancer Co-Ed Lancer Invite Friday, May 14, 2021

**LOCATION:** Brookfield Central High School, 16900 W. Gebhardt Rd.

## **TEAMS:**

**GIRLS:** Brookfield Central, Brookfield East, Kettle Moraine, Mukwonago, Oak Creek, Wilmot Union

**BOYS:** Brookfield Central, Kettle Moraine, Mukwonago, Oak Creek, Wilmot Union

## **Time Schedule:**

**Implement Weigh-in:** 3:00 - 3:45 pm – East Press Box (visitor's bleachers)

**Coaches Meeting:** 3:15 pm - near the finish line

**Boys Pole Vault:** 3:45 pm

**Field Events:** 4:00 pm

**Running Events:** 4:15 pm

## **Registration Instructions:**

**Entries will only be accepted online through MileSplit Wisconsin**

- Coaches can access on-line entries directly at [wi.milesplit.com](http://wi.milesplit.com) or at [www.tracksidetiming.com](http://www.tracksidetiming.com)
- **NOTE: Instructions for first-time account set-up and registration are posted at [www.tracksidetiming.com](http://www.tracksidetiming.com). Plan accordingly and give yourself at least 48 hours to create your account and upload your roster.**
- The meet is titled "(name of meet)" in [wi.milesplit.com](http://wi.milesplit.com). Log in to your account and find the meet in the calendar. **All entries must be submitted by Wednesday, May 12, at 8:00 PM.**
- Meet information, start lists, and results will be posted at [www.tracksidetiming.com](http://www.tracksidetiming.com)

**The deadline for entries is Wednesday, May 12.**

Meet heat sheets will be e-mailed to coaches on Thursday, April 13th.

**Meet Name is:** **BCHS Lancer Invite** – Add to your schedule and enter

A School may enter a maximum of:

- One Entry in each relay event
- Maximum limit of three (3) in any individual running event.
- Maximum of THREE (3) individuals in the Pole Vault.
- Maximum of three (3) individuals in each LJ, TJ, HJ, Shot, & Discus.
- An athlete may enter a maximum of 4 events, but in no more than three running or three field events. Being listed as a substitute on a relay team(s) counts as an event.

## **ALL EVENTS WILL BE FINALS.**

**SPIKES:** Spikes may be worn on all runways, approach areas, and the track itself. The tip of the spike should extend no more than 1/4th of an inch from the sole of the shoe. Pyramid spikes only. Only tape may be used on the track

**SCORING:** There will be 8 places scored for all events (10-8-6-5-4-3-2-1)

**SHOT PUT/DISCUS:** 4 throws per athlete – all throws are finals

Shot Put - Boys First > Girls Second

Discus – Girls First > Boys Second

**POLE VAULT:** Boys will compete first. Coaches, **DO NOT** fax vault weight sheets to BC. Bring a copy to the event. We will use 5 Alive format. **Opening height will be 10 ft.**

Girls will compete 40 min. after the boys have finished. **Opening height will be 7 ft.**

**LONG/TRIPLE JUMP:** Boys First in Triple Jump - Girls first in Long Jump. Jumpers will get **4** jumps.

Jumpers will compete in an open pit format for 1 hour 30 minutes. **All jumps will be finals.**

4:00-5:30 - Boys TJ/Girls LJ

5:45-7:15 - Boys LJ/Girls TJ

**HIGH JUMP:** Girls will jump on **GREY** pit – opening height of 4'2"

Boys will jump on **BLUE** pit – opening height of 5'0"

**AWARDS:** Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place finishers.

**TEAM AREAS:** Please set up camps either in the stands or anywhere outside of the fenced in track.

**RESTRICTED AREAS:** The infield will be restricted to everyone except officials, workers, and meet management with the following exception. Coaches will be allowed in the high jump and pole vault areas during their respective events. W

**CONCESSIONS:** Concessions will be available.

**ADMISSION FEE:** Adults and Students/Seniors: \$5.00 NO PASSES

**Exchange Zones:** Please have **two** coaches at these zones to help officiate exchanges.

800 Relay: 1<sup>st</sup>/3<sup>rd</sup> Exchange – **BCHS**

400 Relay: 1<sup>st</sup> Exchange – **Mukwonago**, 2<sup>nd</sup> Exchange – **BCHS**, 3<sup>rd</sup> Exchange – **Oak Creek**

**Finish Line/Timer:**

**Hurdle Crew:** BCHS Supplied

**Jury of Appeals:** 2 appointed Starters, Meet Manager (BCHS Athletic Director, Don Kurth), Mukwonago Girl's Head Coach & Wilmot Union Boy's Head Coach

# ORDER OF EVENTS

**3:45** > Boys Pole Vault

**4:00** > Field Events (See above for specific gender assignments)

**4:15** > Running Events – **Girls First, Boys Second in all running events**

3200M Relay

100 M High Hurdles Finals - Girls

110M High Hurdles Finals - Boys

100M Dash

1600M Run

800M Relay

400 M Dash

400M Relay

300M Low Hurdles - Girls

300M Intermediate Hurdles - Boys

800M Run

200M Dash

3200M Run

1600M Relay