



# ARROWHEAD HIGH SCHOOL

## Myrhum Invitational

Friday, May 28, 2021



Welcome to Arrowhead High School's annual **Myrhum Co-ed Track & Field Invitational.**

Please review the information listed below. If you have any questions, contact our **meet managers**,

- Athletic Director, Ryan Mangan at 262-369-3612 X 4203 or
- Head Boys and Girls Track & Field Coach, Chris Herriot at herriot@arrowheadschoools.org

### Meet Site:

Arrowhead High School - Taraska Stadium  
700 North Ave  
Hartland, WI 53029

### Schedule:

2:00 - Implement Weigh-In at the shed by the shot put on the far west side of the athletic fields  
2:30 - Coaches Meeting in Morton Concession Building at southwest corner of the track  
3:15 - Field Events Start  
3:15 - 3200 Relay  
4:00 - Timed Finals

**Officials:** Tom Emmerich, Dennis Meyer, Peter Nielsen

**Entry Limits:** An athlete may enter a maximum of 4 events, but no more than 3 running or 3 field events. Each school may enter **28** total individual entries. Relays **DO NOT** count as an individual entry. No more than **3** entries per event are allowed per school.

**Teams Competing:** Arrowhead, Germantown, Kimberly, Middleton, Mukwonago, Oak Creek, Oconomowoc, Sun Prairie East

### Info on Open Registration for Non- Contracted Teams

(\*\*\*If you have a team contract this does not apply to you.)

**Individual Entries \$15 per event:** Athlete's PR Must be within the minimum guidelines. (This is only for teams looking to send an athlete or two. This does NOT pertain to contracted teams. \*Coaches are responsible for checking the [minimum standard sheet](#))

**Individual Relays \$30 per relay:** Team's PR must be within top 8 performances from previous year ([Coaches are responsible for checking the minimum standard sheet](#))

**Entry Process:** Register online at [www.pttiming.com](http://www.pttiming.com) via milesplit

**Entry Deadline: determined by PTTiming**

**Team Area:** Please set up your team camps outside of the track's fence or behind the bleachers.

We ask that no spectators be on the infield.

**Trainer:** The trainer will be available near the finish line.

**Spikes:** Arrowhead has an all-weather track that will accept ¼" spikes. This includes pole vault, high jump, long jump and triple jump runways.

**Concessions:** A limited menu will be available

**Scoring: Individuals & Relays:** 10-8-6-5-4-3-2-1

**Awards:** Medals for 1<sup>st</sup> – 6<sup>th</sup> places, Team Plaques for 1<sup>st</sup> and 2<sup>nd</sup> place

**Hospitality:** Available in the Morton Storage Building at the southwest corner of the track

**Admission:** \$5 for adults, \$3 for students, 60+ free, 6 and under free

**COVID Protocol:**

Teams should monitor the coaches and athletes prior to arriving at Arrowhead High School to ensure they do not have COVID symptoms.

Face coverings are strongly recommended in all settings where social distancing is not possible.

Athletes should provide their own implements or sanitize between throwers and retrieve their own implements after throwing.

Please share this information with your athletes, parents and spectators

**3:15 - Field Events:**

- **High Jump**
  - Boys on West Pit, Girls on East Pit, five alive format, starting height to be determined at the coaches meeting
- **Pole Vault**
  - Boys on South Pit, Girls on North Pit, most likely five alive format, starting height to be determined at the coaches meeting
  - Bring a copy of weight verification form to the event
- **Long Jump**
  - Boys on West Pit, Girls on East Pit
  - 3 trials for each athlete
  - Top 8 competitors will advance to finals for 3 more jumps
- **Triple Jump** - 20 minutes after long jump is completed
  - Boys on West Pit, Girls on East
  - 3 trials for each athlete
  - Top 8 competitors will advance to finals for 3 more jumps
- **Shot Put**
  - Boys first followed by Girls
  - 3 trials for each athlete
  - Top 8 competitors will advance to finals for 3 more throws
- **Discus**
  - Girls first followed by Boys
  - 3 trials for each athlete
  - Top 8 competitors will advance to finals for 3 more throws

**Running Events:**

Girls will run first followed by boys

All Running Events are timed finals

**3:15 – 3200 Meter Relay**

800 Meter Coed Wheelchair

**4:00 - Running events**

100 / 110 Meter High Hurdles

100 Dash Special Olympics

100 Dash

100 Meter Coed Wheelchair

1600 Run

800 Relay

400 Dash

400 Relay

300 Low & Intermediate Hurdles

800 Run

200 Dash

3200 Run

1600 Relay