

7th and 8th Grade Junior Southeast Conference Meet

Thursday, May 19, 2022

Schools: Cudahy, Forest Park, Greenfield, Greendale, Muskego, Oak Creek East, Oak Creek West, South Milwaukee, St. Francis, and Whitnall

Place:

Greendale High School
6800 Southway
Greendale, WI 53129

3:15pm:

Coaches/Scratch Meeting
Warm-up – Field Events

Girls: High Jump, Shot Put

Boys: Discuss

Long/Triple Jump: open to both boys and girls

3:30pm:

Running Events

All running events are girl's 7th grade heats first, followed by 8th grade
When students check in for their race they will also have to get their hip numbers

Order Events

110H, 100M, 1600M, 800Relay, 400M, 400Relay, 800M, 200M, 1600Relay

3:30pm:

Field Events

- Athletes must check in and out at all field events
- Must check out and check in again if called to a running event
- Long Jump- Boys
- Triple Jump: Girls
- Cafeteria style for both girls and boys, each competitor will be allowed 3 jumps. Pits will be open from 3:30 to 6:00pm
- High Jump:
 - Girls will begin at 3:30, Starting height 4'0"
 - Boys will follow, Starting height 4'4"

- Discus: Boys will begin at 3:30 until completion, Girls will be given a 10 min. warm-up after the completion of the boys event. The girls competition will begin immediately following the warm-up; each competitor will be allowed 3 attempts
- Shot Put: Girls will begin at 3:30 until completion, the same format as the discuss will be followed

NOTE: We may run the boy's and girl's 800, 1600, and 1600 relay together depending on the number of participants. At this time we might need help with timers.

Entries:

- Each team may enter 2 athletes of each sex per event
- Each team may enter 1 relay teams of each sex per relay
- Each athlete is limited to 2 running and 1 field event **or** 2 field events and 1 running

Exchange Zones:

800m Relay: Cudahy

400m Relay: 1st – Oak Creek West, 2nd – Muskego 3rd – Forest Park

Scoring: 10 – 8 – 6 – 4 – 2 – 1

Concessions will be available for athletes and spectators

*Meals for Coaches

Please send me the list of up to 4 coaches who will receive a meal at the concession area from each school. Coaches should give their name and school at the concession to redeem meal.

Entering your team: (Still waiting on timing system)

The entry deadline for the conference meet will May 17th

May 19th, 2022



Greendale Middle School Invite

Meet starts in 7 days

Greendale, WI

Greendale High School

ENTRIES ARE OPEN
Entries Close May 17 @ 11:59am

[Click Here to Register](#)

Here is the link:

If you have any questions please email me at:

emily.deau@greendaleschools.org