

**Milwaukee Lutheran  
Varsity Track Triangular**

**April 29<sup>th</sup>, 2021**

**Milwaukee Lutheran, Marquette (Boys), DSHA (Girls), Pius XI**

**Meet information**

- **Entries can be completed on [www.k2timing.com](http://www.k2timing.com). Please have your entries completed by Tuesday, April 27<sup>th</sup> at 7:00 PM**
- **Meet begins at 4:30 PM (Field Events) 5:00 (Running Events) (weather permitting)**
- **No coaches meeting – Scratches handled at the event**
- **3 Scoring entries per event – 1 Relay team entry**
  - **Individual Scoring - 5-3-2-1**
  - **Relay Scoring - 5-3**
- **12 Exhibition (non-scoring) entries and 3 Exhibition relays per event**
- **An athlete may compete in no more than four events in the meet 3 Running/1 Field, 2 Running/2 Field, or 1 Running/3 Field.**
- **Jumps and throws will each get 4 total (no finals)**
- **NO Pole Vault – Milwaukee Lutheran does not have PV capability**
- **Any entry questions please contact Meet Timer Keith Klestinski – [K2Timing@gmail.com](mailto:K2Timing@gmail.com) or 414-331-7215**

**OR**

- **Milwaukee Lutheran AD John Ellenberger – [JEllenberger@milwaukeeelutheran.org](mailto:JEllenberger@milwaukeeelutheran.org)**

### **4:30 PM FIELD EVENTS BEGIN**

Girls Shot Put First, Boys 2<sup>nd</sup> (4 throws)

Boys Discus, Girls 2<sup>nd</sup> (4 Throws)

Girls High Jump, Boy's 2<sup>nd</sup> (4 jumps)

Girls Long Jump Open Pit, Then Boys (4 jumps)

Boys Triple Jump, Then Girls (4 Throws)

### **5:00 PM RUNNING EVENTS BEGIN**

3200 Meter Relay (4 X 800) (girls/boys)

100 Meter High Hurdle Finals (girls)

110 Meter High Hurdle Finals (boys)

100 M Dash Finals (girls/boys)

1600 Meter Run (girls/boys)

800 Meter Relay (4 x 200) (girls/boys)

400 Meter Dash (girls/boys)

400 Meter Relay (4 x 100) girls/boys)

300 Meter Intermediate Hurdles (girls/boys)

800 Meter Run (girls/boys)

200 Meter Dash (girls/boys)

3200 Meter Run (girls/boys)

1600 Meter Relay (4 x 400 ) girls/boys)