

# 7th and 8th Grade Junior Southeast Conference Meet

*Rescheduled for May 29, 2025*

## JR. SEC Conference Track Meet

May 19th 2026 (rain May 21, 2026)

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

**Location:** Greendale High School, 6801 Southway Greendale, WI 53129

- After buses drop you off by the football field/track, they should park in the small overfill lot across Southway.

**Rain Date:** May 21st, 2026

**Volunteers:** Each school is responsible for 2 volunteers to help run events and fill in where needed. Assignments are listed at the end of this document

### **Cost:**

- **\$175 for each grade that is competing.** If you have both a 7th grade and an 8th grade team, it will be **\$350 per school.**
- Please make payment to Greendale School District and send to Greendale Middle School 6800 Schoolway Greendale, WI 53129

### **3:00pm:**

Coaches/Scratch Meeting

- All other scratches will be done at the meeting.
- Warm-up – Field Events

**Girls:** High Jump, Shot Put

**Boys:** Discus

**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

### **3:30 pm:**

#### **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 6:00 pm
- 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, and the same format as the discus 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.

#### **Entries:**

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

#### **Exchange Zones and Event Supervision Assignments**

- *800m Relay*: Oak Creek East
- *400m Relay*: 1<sup>st</sup> – Greenfield, 2<sup>nd</sup> – Whitnall, 3<sup>rd</sup> – South Milwaukee
- *Clerk*: Greendale
- *Start/Finish Line*: Oak Creek East
- *Shot Put*: Oak Creek West
- *Discus*: Muskego
- *Long Jump*: Forest Park
- *Triple Jump*: Cudahy
- *High Jump*: Greendale

**Scoring:** 10 – 8 – 6 – 4 – 2 – 1

- Medals will be awarded to the top 3 athletes in each event (per grade level and per gender.) At the end of the meet, each team will receive an envelope with medals–to be distributed to your athletes.
- Plaques will be awarded to the top 3 teams for each grade level and gender (e.g. 7th grade girls, 8th grade boys, etc.) These will be announced and presented to teams at the end of the meet.

**Concessions will be available for athletes and spectators**

**Entering your team:**

PT Timing will send an invite for you to upload your line-up

If you have any questions please email: **[sarah.laufer@greendaleschools.org](mailto:sarah.laufer@greendaleschools.org)**