

2026 4th Annual Elk Mound Invite

Tuesday, April 14, 2026 - Field Events at 3:45 PM, Running Events at 4:30 PM

ENTRY FEE: \$200 per gender

Please make checks payable to: Elk Mound School District

PARTICIPATING SCHOOLS:

Bloomer, Boyceville, Colfax, Durand-Arkansaw, Elk Mound, Mondovi, Prescott

ENTRIES AND TIMING:

Provided by pttiming.com

All entries will be done online.

Unlimited entries in all events (including relays) except for long jump and triple jump (only 3 entries per team).

Schools must also follow WIAA guidelines (no more than 4 total events, no more than 3 of which may be either running or field events.)

EXCHANGE ZONE JUDGES:

400 Meter and 800 Meter Relay Exchange Zone Judges to be determined during Coaches meeting.

MISC.

There will be no trials/finals in any running or field event. ¼ inch pyramid spikes are permitted for all events. Please use chalk on the track and all runways. (this will be provided) Please stay off the infield unless you are warming up for your event.

3:30 COACH'S MEETING: In the press box, please have at least one coach attend.

3:45 FIELD EVENTS (Cafeteria style. No trials; all events will be finals).

- High Jump (Girls followed by Boys); starting heights TBD
- Long Jump (Boys followed by Girls - Open Pit until 5:15, Girls begin at 5:30) - 3 jumps
- Triple Jump (Girls followed by Boys - Open Pit until 5:15, Boys begin at 5:30) - 3 jumps
- Shot Put (Girls followed by Boys) - 3 throws (there will be a scratch line)
- Discus (Boys followed by Girls) - 3 throws (there will be a scratch line)
- Pole Vault (Boys followed by Girls); starting heights TBD

4:30 RUNNING EVENTS (Girls First, Followed by Boys)

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| 1. 4x800m Relay | |
| 2. 100m Hurdles-girls | |
| 3. 110m Hurdles -boys | 10. 800m Run |
| 4. 100m Dash | 11. 200m Dash |
| 5. 1600m Run | 12. 3200m Run |
| 6. 800m Relay | 13. 1600m Relay |
| 7. 400m Dash | |
| 8. 400m Relay | |
| 9. 300m Hurdles | |

