



Eleva Strum Middle School Track Meet

May 19, 2026

Teams: Alma-Pepin
Altoona
Blair-Taylor
Chippewa Valley Lightning Bolts
Eleva-Strum
Fall Creek
Lincoln
Neillsville
Osseo-Fairchild
Whitehall

Fee: \$100/team

Time: Coaches Meeting - 3:45 PM
Field Events - 4:00 PM
Running Events - 4:45 PM

Registration: Entries will be completed online at PTTiming.

Entries will open on Thursday, May 14th and close at Noon on Monday, May 18th. If you miss this window, you will need to contact the meet manager: officemanager@pttiming.com and may be assessed a late meet entry fee.

We will allow 5 entries per school for each individual event (with the exception of high jump which will only allow 4 entries) and 2 relay teams per school per relay races. Each athlete is limited to 4 events with no more than 3 running or 3 field events.

**Equipment/
Event
Details:**

- ¼ inch Spikes
- Girls Shot = 6lbs. Boys Shot = 4K
- Girls and Boys Discus = 1K
- Starting Heights: Girls HJ = 3'6" Boys HJ = 4'
- Long Jump and Throws will have 3 attempts. No finals.
- Blocks will be provided.
- Bring your own batons.
- Hand-off and runway marks must be made with chalk.
- All athletes must check-in with clerk of course and get hip numbers immediately following 3rd call for the event



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Scoring Eight places will be scored for each event: 10-8-6-5-4-3-2-1.

Order of Events: Field Events: (4:00 PM Start)
High Jump - Boys will jump first followed by girls. (1 combined pit).
Long Jump - Girls and boys will jump at the same time. (2 separate pits).
Triple Jump - Girls and Boys will jump at the same time (1 combined pit).
Shotput - Girls first, followed by boys. (flag three attempts, measure longest)
Discus - Boys first, followed by girls. (flag three attempts, measure longest)

Running Events: (4:45pm Start)
100 Meter Hurdles
100 Meter Dash
1600 Meter Run
800 Meter Relay (200-200-200-200)
400 Meter Dash
400 Meter Relay (100-100-100-100)
200 Meter Dash
800 Meter Dash
Sprint Medley Relay (100-100-200-400)

Girls heats first, followed by boys.

Meet Contacts: Carolyn Johnson - MS Track Coach | johnsonc@esschools.k12.wi.us
Nadine Rovang - HS Track Coach | rovangn@esschools.k12.wi.us

Mikayla Everson - Athletic Director
eversonm@esschools.k12.wi.us

Special Notes: Concessions will be available at the event. Bathrooms are located in the concession stand. Team camps will be located outside of the track. No one will be allowed on the infield with the exception of meet workers and officials.

Meet Results: Meet results will be live-streamed through PT Timing.