



Galloping Ghost Invitational

Bank of Kaukauna Stadium

April 26, 2024

We are happy to host the 1st Annual Ghost Invitational Track Meet. The following schools have accepted invitations to compete: Mosinee, Wisconsin Rapids, Menasha, Ashwaubenon, West Bend West, Hartford Union, Pulaski, Rhinelander, Kaukauna

The meet will be timed and field events recorded by PT Timing. Entries are due at <http://www.pttiming.com> by Noon on April 24th. There will be a coaches meeting at the finish line at 3:15pm before the meet for scratches and opening heights for both the Pole Vault & High Jump.

Long Jump & Triple Jump:

Girls will long jump, boy's Triple jump first. They will then flip flop after finals. Three jumps in trials for the Long Jump & Triple Jump. Top nine from prelims will qualify for finals.

Triple Jump:

Boys-Trials: 4:00-5:00 Finals: 5:15-5:45

Girls-Trials: 6:00-7:00 Finals: 7:15-7:45

Long Jump:

Girls-Trials: 4:00-5:00 Finals: 5:15-5:45

Boys-Trials: 6:00-7:00 Finals: 7:15-7:45

Shot Put & Discus:

Boys will throw Discus first, Girls Shot Put first.

High Jump & Pole Vault

Girls will high jump first, Boys Pole Vault first

Here are a few reminders and suggestions:

- The location of our track is Kaukauna High School
- The Kaukauna track is rubber surfaced. All runners will be allowed to compete with ¼ inch spikes.
- We will have no locker room space. Dress at your home school.
- Please use the WIAA 28 entry rule with one relay per school.
- An individual may compete in a total of four (4) events as is indicated by WIAA rules.
- It will not be necessary to bring starting blocks, but be sure to bring your own batons, shot and discus, pole vaulting poles.
- No Tents or camps on INFIELD and No Tents over by the Pole Vault
- Eight places will be awarded in each event. Points will be 10-8-6-5-4-3-2-1. WIAA rules to break ties. Medals will be given to the top three places in each event, including relays.
- Refreshments and food will be available throughout the meet.

Ghost Invitational T-Shirt Link: Due Thursday 4/18 <https://bsnteamssports.com/shop/km1BPnabrz>

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TIME SCHEDULE

4:00 pm All field events to completion (Boys Discus & Pole Vault first, Girls Shot Put & High Jump first)

4:00 pm 3200 M Relay (One section)

100 M Dash trials (winner of each heat + next best times to fill finals)

110/100M High Hurdles trials (winner of each heat + next best times to fill finals)

Boys High Hurdles first, only time boys will run before girls

15 Minute Break

100M/110M High Hurdle finals

100 M Dash finals

1600 M Run (one section)

800 M Relay (two sections)

400 M Dash (two sections)

400 M Relay (two sections)

300 M Intermediate Hurdles (two sections)

800 M Run (one section)

200 M Dash Finals

3200 M Run (one section)

1600 M relay (two sections)

1600 M Relay “*Anything but a Baton Relay*” (non-scored)

-Can use as many team members as you’d like but “baton” needs to travel 4 laps