



# ***Stoughton Quad***



**Boys & Girls – Tuesday, April 21st, 2026**

4:00 PM – Field Events  
4:15 PM – Running Events

We look forward to hosting Deforest, Waunakee and Fort Atkinson on Tuesday, April 21st 2026. Coaches meeting will be done at 3:45 in the press box. Please see below for general meet information.

## **Entries:**

- Entries will be done on Milesplit and are due by 8:00 PM on Monday, April 20th. If substitutions and scratches need to be made those can be done the day of the meet.
- Each team is allowed three varsity and unlimited JV competitors for individual events. One varsity relay team and unlimited JV relay teams for all of the relays.

**Please see the event schedule on the second page - we will be taking a brief 15 minute break following the 100 meter dash to honor our seniors.**

## **Field Events:**

- In long, triple, shot, and disc, there will be three attempts for varsity athletes, three for JV.
- Long (girls) and triple jump (boys) will have open pits for 1 hour. There will be approximately 15 minutes of warm-up between the boys and girls events.
- Opening heights for pole vault and high jump will be determined when the entry window closes.

## **Running Events:**

- If the numbers allow, we will plan to combine the boys' and girls' 4x800 relay and the 3200.

**TRAINER:** An athletic trainer will be available for athletes around 4:30 by the end zone closest to high jump.

**TEAM AREA:** Please place team tents on the grass areas located on the North side of the track

**PARKING:** Buses should park on side streets to allow parking lots for spectators (Devenshire RD)

**FINAL RESULTS:** Results will be available on the official timing website: [accuracetiming.com](http://accuracetiming.com)

**CONTACT:** Athletic Director – Andie Alexander [andie.alexander@stoughton.k12.wi.us](mailto:andie.alexander@stoughton.k12.wi.us) - (608) 877-5621  
Administrative Assistant - Carmen Johanning [carmen.johanning@stoughton.k12.wi.us](mailto:carmen.johanning@stoughton.k12.wi.us) - (608) 877-5622  
Boys' Head Coach – Dylan Jensen - [dylan.jensen@stoughton.k12.wi.us](mailto:dylan.jensen@stoughton.k12.wi.us) - (608) 877-5250  
Girls' Head Coach – Bailee Eggers – [bailee.eggers@stoughton.k12.wi.us](mailto:bailee.eggers@stoughton.k12.wi.us) - (608) 877-5791

**Time Schedule  
Track & Field Meet  
Stoughton High School**

**4:00pm FIELD EVENTS:**

- Boys Pole Vault :** Girls to follow 15 minutes after completion of boy's competition  
**Boys Triple Jump:** Open pit format for 1 hour. Girls to follow 15 minutes after completion  
**Boys Discus:** Girls to follow 15 minutes after completion of boy's competition  
**Girls Shot put:** Boys to follow 15 minutes after completion of girls competition  
**Girls High Jump:** Boys to follow 15 minutes after completion of girl's competition  
**Girls Long Jump:** Open pit format 1 hour. Girls Triple Jump is 15 minutes after completion

**4:15pm RUNNING EVENTS:**

- 3200 m Relay - girls/boys run together if able  
100/110 m High Hurdles - girls/boys  
100 m Dash – girls/boys  
**15 minute break fo honoring SHS Seniors**  
1600 m Run – girls/boys  
800 m Relay – girls/boys  
400 m Dash – girls/boys  
400 m Relay – girls/boys  
300 m Low/Intermediate Hurdles - girls/boys  
800 m Run – girls/boys  
800 m Coed Wheelchair  
200 m Dash – girls/boys  
3200 Run – girls/boys run together if able  
1600 m Relay – girls/boys

