

# **Greendale Middle School**

## **8 Team Track and Field Invite**

*(Greendale, Longfellow, Whitman, Oak Creek West and Brookfield Academy, Cudahy, Forest Park, Central Middle School)*

**Tuesday May 5, 2026**

**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.

**Coaches/Scratch Meeting: 3:15pm** Please email any scratches you may have before NOON on May 5th. All other scratches will be done at the meeting.

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

**Cost:** \$200 per School. Please make payment to Greendale School District and send to Greendale Middle School 6800 Schoolway Greendale, WI 53129

### **Field Events: 3:30pm**

- Long Jump/Triple Jump: cafeteria style for both girls and boys, each competitor will be allowed 3 jumps. Pits will be open from 3:30 to 5:30pm
- High Jump: Boys and girls will begin at 3:30 and end at 5:30 at the north pits. Opening height will be 4ft
- Discus and Shot Put: Open from 3:30 to 5:30pm for both girls and boys, each competitor will be allowed 3 jumps.

### **Track Events: 3:30pm**

**Order Events:** All running events are girls' heats first.

110H, 100M, 1600M, 800Relay, 400M, 400Relay, 800M, 200M, 1600Relay

**NOTE:** *We may run the boys' and girls' 800M, 1600M, and 1600M relay together depending on the number of participants.*

**Entries:**

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

**Scoring:**

- Points will be scored per grade level and gender (*7th boys, 7th girls, etc.*)
- For individual events, the top 5 places will be scored with point values of 6, 4, 3, 2 and 1 being assigned to each place.
- For relays:
  - The top 3 teams will be scored with point values of 6, 4, and 2 assigned to each place.
  - Only the top relay team (*per grade level and gender*) will be scored for each school.

**Entering your team: Will send out timing info upon receiving it**

**PLEASE BRING 2 VOLUNTEERS TO WORK YOUR ASSIGNED EVENT-Responsibilities listed below**

**Exchange Zones:**

800m Relay- 1<sup>st</sup> – Longfellow

400m Relay- 1<sup>st</sup> – Whitman

**Event Responsibility:**

Long Jump: *Brookfield Academy*

Triple Jump: *Cudahy*

High Jump: *Greendale/Central*

Shot Put: *Forest Park*

Discuss: *Oak Creek West*