

Gil Frank Invitational

Gil Frank Track at Papermaker Stadium
May 1, 2026

We are happy to host the 50th Annual Gil Frank Invitational Track Meet. The following schools have accepted invitations to compete: Fox Valley Lutheran, Fond du lac, Freedom, Green Bay Preble, Little Chute, Manitowoc, Plymouth, West Allis Hale, West De Pere, Winneconne, Xavier, and Kimberly.

The meet will be timed and field events recorded by PT Timing. Entries are due at <http://www.pttiming.com> by Noon on April 29th. Posting will be opened at noon on April 24th and run until April 29th at Noon. There will be a coaches meeting at 3:15pm before the meet for scratches, 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.

Pole Vault & High Jump

Boys pole Vault first, Girls High Jump first

Here are a few reminders and suggestions:

- The location of our track is JRG Middle School.
- The Kimberly track is rubber surfaced. All runners will be allowed to compete with 1/8 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.
- No Tents or camps on INFIELD

- Eight places will be awarded in each event. Points will be 10-8-6-5-4-3-2-1. Medals will be given to the top Three places in each event, including relays.
- We will use WIAA rules to break ties.
- Refreshments and food will be available throughout the meet.

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Running Event Schedule

4:00 pm High Jump first)	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)
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 min	Break
	100M/110M High Hurdle finals
	100 M Dash finals
	1600 M Run (one section)
	800 M Relay (two section)
	400 M Dash (two sections)
	400 M Relay (two section)
	300 M Intermediate Hurdles (two sections)

800 M Run (one section)

200 M Dash Finals

3200 M Run (one section)

1600 M relay (one section)