

2026 GLACIER TRAILS CONFERENCE RELAY MEET
Tuesday, May 5, 2026
Sheboygan South High School - Track and Field

- Participants: Kewaskum, Kettle Moraine Lutheran, Plymouth, Port Washington, Sheboygan South, West Bend East, West Bend West
- Entries: Submitted online at www.athletic.net
Entries are due on Sunday, May 3rd by 10:00 pm CST
Athletes are limited to participating in a maximum of 4 events per WIAA rules. Three individuals per team in all field events and hurdle races.
- Officials: Jacob Baus, Frank Carini, James Molter
- Drop off: **Please avoid 3:05-3:25 pm drop off with school getting out.**
Drop off near ticket booth entering the football field
Busses can park across the street at Bethany Reformed Church
- Schedule: 2:45 pm - Facility open for teams
3:30 pm - Coaches Meeting at Finish Line
4:30 pm - Field Events and 6400 meter Relay
- Scoring: 10, 8, 6, 5, 4, 3, 2, 1 for all events (8 places)
- Games Committee: Coaches serving on the games committee with the meet manager and designated officials are Kewaskum and Plymouth.
- Awards: Gold Medals will be awarded for 1st Place finishers at each event.
- Surfaces: ¼" spikes are allowed on the track and high jump, pole vault, long and triple jump runways. Cement - Discus and Shot Put circles.
- Concessions: Concession will be available to purchase throughout the meet.
- Results: Results will be live on athletic.net
- Medical Coverage: Aurora Sports Health
- Exchange Zones: Zone 1 - Plymouth and West Bend East
Zone 2 - Kewaskum and Kettle Moraine Lutheran
Zone 3 - Port Washington and West Bend West
Zone 4 - Sheboygan South and Meet Officials

Field Event Schedule:

Start time 4:30 pm (warm-up at 4:00 pm)

Boys Pole Vault followed by Girls Pole Vault - The opening height for the pole vault will be 6' for the girls and 8' for the boys. The pole vault height increases by 1' increments to 8' for the girls and 10' for the boys, and then increases by 6" increments until four (4) competitors remain, then by 3" increments. All heights count toward the final team total- all ties remain.

Girls Shot Put followed by Boys Shot Put - The shot put trials will be in two (2) flights determined by schools (meet management decides), and each participant shall take four (4) throws per contestant. The shot and discus will have the same draw following the same order. All ties remain.

Flight 1: Kewaskum, Kettle Moraine Lutheran, Plymouth, and Port Washington.

Flight 2: Sheboygan South, West Bend East, and West Bend West

Boys Discus followed by Girls Discus - The discus trials will be in two (2) flights determined by schools (meet management decides), and each participant shall take four (4) throws per contestant. The shot and discus will have the same draw following the same order. All ties remain.

Flight 1: Sheboygan South, West Bend East, and West Bend West.

Flight 2: Kewaskum, Kettle Moraine Lutheran, Plymouth, and Port Washington.

Girls Long Jump followed by Boys Long Jump -The long jump trials will be in two (2) flights determined by schools (meet management decides), and each participant shall take four (4) jumps. No more than two (2) jumps may be taken consecutively. It will be contested with an open pit with a ten-minute warm-up between flights. All ties remain.

Flight 1: Sheboygan South, Kettle Moraine Lutheran, West Bend West and Port Washington

Flight 2: Kewaskum, West Bend East, Plymouth

Boys Triple Jump followed by Girls Triple Jump -The triple jump trials will be in two (2) flights determined by schools (meet management decides), and each participant shall take four (4) jumps. No more than two (2) jumps may be taken consecutively. It will be contested with an open pit with a ten-minute warm-up between flights. All ties remain.

Flight 1: Kewaskum, West Bend East, Plymouth

Flight 2: Sheboygan South, Kettle Moraine Lutheran, West Bend West and Port Washington

Girls High Jump followed by Boys High Jump -The opening heights for the high jump will be 4' for the girls and 5' for the boys. The high jump heights increase in 3" increments to 4'6" for girls and 5'6" for boys. Then by 2" increments to 5' and 6' respectively. Then by 1" increments thereafter. All heights count toward the final team total- all ties remain.

Running Event Schedule

- 4:30 pm 6400 Meter Relay (waterfall start/sliding passes)
- 5:30 pm High Hurdle Relay - combined times
3 x 100 HH (girls)
3 x 110 HH (boys)
- 6:00 pm 800 Meter Relay - lanes all the way
*Exchange zone 2 and 4
- 6:20 pm Distance Medley Relay
1200 - 400 - 800 - 1600
The 1200 runner cuts in after 1 turn (green dashed line on our track)
- 6:40 pm 400 Meter Relay - lanes all the way
*Exchange zone 1, 2, 3 and 4
- 7:05 pm 900 Hurdle Relay - combined times
3 x 300
- 7:35 pm Sprint Medley Relay
100 - 100 - 200 - 400
(two turn stagger - white line start. The first two exchanges are yellow to yellow.
400 runner cuts immediately after getting the baton)
*Exchange zone 1, 2, 4
- 8:00 pm 3200 Meter Relay
1 section, one turn stagger/sliding passes
First runner cuts in after 1 turn (green dashed line on our track)
- *8:30 pm 1600 Meter Relay Relay
3 turn stagger.
The second runner cuts in after the 1st turn (green dashed line on our track)

*The start of the 1600 Meter relay will be delayed until all field events have been completed.