

# Viking Invitational

Hosted by Lawrence University  
Update: Friday, April 17, 2026

**Invited Teams:** Lawrence, Ripon, St. Norbert, UW-Oshkosh, Wisconsin Track Club, Wisconsin Lutheran, Lakeland, Marian

**Meet Director:** Elizabeth Krug – [elizabeth.r.krug@lawrence.edu](mailto:elizabeth.r.krug@lawrence.edu) - 501.691.6490

**Location:** Located next to Alexander Gymnasium, the address is 1100 E. South River Rd, Appleton, WI 54915. Buses should park at parking lots off campus. No buses will be allowed to stay in the Alex Gym Parking lot.

**Parking:** Anyone who parks in the grass of the horseshoe lot will get ticketed.

## **Whiting Field Track & Field Complex: (Facility Map Enclosed)**

**Track:** 9 Lane Beynon BSS1000 track surface. All sprint races and jumping events wind aided.

**Field:** Men's long/triple runway has boards at 12', 36' and 40'. Women's has boards at 10', 28' and 32' with a min of 40m of approach from any of those boards.

Two circles for the shot and a single hammer/disc cage located inside the track on the east end of the facility.

The javelin runway is track surface so the same spike rules apply there as well. Both Javelin and High Jump take place in the D area on the west end of the track.

**Meet Entry:** This meet is for collegiate athletes from invited teams only. If your team is not on the list above and you would like to be invited please email the meet director. Unattached athletes must contact Elizabeth Krug ([elizabeth.r.krug@lawrence.edu](mailto:elizabeth.r.krug@lawrence.edu)) to enter. Entry fee is \$35 per event for unattached athletes. All entries and entry fees are done through **directathletics.com** with a deadline of Wednesday, April 15<sup>th</sup> at 9:00pm.

**Entry Fee:** The entry fee will be \$300 per gender (\$600 for Men and Women total). Your entry fee must be paid on DirectAthletics when you submit your entries. Individuals are \$35 per event entry.

**Spectators:** Adults: \$5. Students/Kids K-8: Free

**Head Athletic Trainer:** Nevada Watson - [nevada.j.watson@lawrence.edu](mailto:nevada.j.watson@lawrence.edu) – 920.832.6762

**Spikes:** Spikes will be checked prior to each event. Only 1/4 inch pyramid spikes will be allowed. **No pin or needle spikes of any length are allowed.**

**Implement Weigh in:** Implements will be weighed in at the garage from 11:30-12:10pm

**Locker Rooms/Bathrooms:** Locker rooms in Alex Gym will be utilized by the visiting lacrosse teams and off limits to track athletes. Please go through the SE doors of Alex and up the stairs to utilize the bathrooms in

the basketball gym. Indoors is only to be used for bathrooms, please prevent athletes from roaming the building.

**Team Camps:** No camps are allowed in the stands. We have limited seating that is reserved for spectators.



# Viking Twilight Meet Schedule

## WEIGH-INS from 11:30-12:10PM

### FIELD EVENTS

12:30 PM Men's Discus Throw (Women's to Follow) (2,2)  
Women's Javelin Throw (Men's to Follow) (1,2)

1:00 PM Women's High Jump (Men's to Follow) (8,9)  
Men's Long Jump (Women's to Follow) (1,1)  
*-Men's then Women's Triple Jump to follow LJ (1,1)*

2:00 PM Men's Pole Vault (Women's to Follow) (8,13)

*Following Women's Discus Throw:*

Women's Shot Put (Men's to Follow) (2,2)  
Men's Hammer (Women's to Follow) (1,1)

### RUNNING EVENTS

*Women followed by Men in all events except Hurdle Finals*

1:45 pm 5000m Run (1)  
**2:10 pm** 400m Relay (1,1)  
**2:25 pm** 3000m Steeplechase (1,1)  
3:00 pm 100m Hurdle Finals (1)  
3:10 pm 110m Hurdle Finals (1)  
3:18 pm 100m Dash Prelims (2,2)  
3:30 pm 1500m Run (2,3)  
4:05 pm 400m Dash (1,2)  
4:20 pm 100m Dash Finals (1,1)  
4:30 pm 800m Run (2,2)  
4:55 pm 400m Hurdles (1,1)  
5:10 pm 200m Dash (3,3)  
5:30 pm *Senior Day Recognition*  
5:55 pm 4x400m Relays (1,1)  
6:05 pm 10,000m Run (1,1)

**\*Anticipated end time of 7:30PM**

