

**TO: Athletic Directors and Track Coaches**

**FR: Koll Fjelstad**

**RE: C-W Middle School Track Invite**

**Date:** Monday, April 20, 2026 at 4:00 PM

**Teams:** Cameron, CW, Flambeau, New Auburn, St. Croix Falls

**Schedule:**

3:40 PM - Coaches Meeting (on track in front of stadium)

4:00 PM - Field Events

4:30 PM - Track Events

**Entries:**

- ❖ Each athlete is limited to 4 events including relays (3 running or 3 field max)
- ❖ Each school is limited to 8 boys and 8 girls per running event (not per grade level)
- ❖ Each school is limited to 8 boys and 8 girls per field event (not per grade level)
- ❖ Each school is limited to 2 boys and 2 girls relay teams per race
- ❖ Entries are due by **Noon** on **Friday, April 17**

**Enter your athletes here:** <https://www.athletic.net/TrackAndField/meet/654332/register>

**Bus Parking:**

- ❖ Turn at Kwik Trip and continue to the back of the school on Tainter Street
- ❖ Buses **must arrive prior to 3:00 PM or after 3:25 PM** so they don't interfere with our school buses.
- ❖ Buses will be directed to parking in the middle school lot

**Miscellaneous:**

- ❖ After the close of entries, there are no additions. Scratches or substitutions only.
- ❖ There will be concessions.
- ❖ Team tents or meeting areas need to be set up outside the track.

# **CW Middle School Track Meet - Order of Events**

## **3:40 PM Coaches Scratch Meeting**

## **4:00 PM All Field Events Open**

- ❖ Long Jump (Girls 1st)
- ❖ Discus (Boys 1st)
- ❖ Shot Put (Girls 1st)
- ❖ High Jump (Boys 1st)

## **4:30 PM Running Events (Girls First)**

- ❖ 100 M Hurdles
- ❖ 100 M Dash
- ❖ 1600 M Run
- ❖ 400 M Relay
- ❖ 400 M Dash
- ❖ 200 M Dash
- ❖ 800 M Run
- ❖ 800 M Relay