



## Howard Lake – Waverly – Winsted Schools

### Office of the Activities Director

Activities Director – Joe Puncoschar

AD Secretary – Danielle Kuznia



## HLWW JH Track Invite

Monday, April 20, 2026

Field Events 4:00, Running 4:15 p.m. (Coaches meeting at 3:40)

Participating Schools: HLWW, EVW-K, D-C, Litchfield, W/M

Entry Fee: **\$125** (please send to HLWW High School, 8700 County Road 6 SW, Howard Lake, MN)

Ground Rules:

- 1/4" pyramid spikes or smaller
- No camps on the infield
- Use gates, do not jump the fences
- Keep your area clean
- Outdoor bathroom facilities are provided – do not go in the school
- Concessions will be available** (water, gatorade, candy, pizza, hot dogs)
- NOTE: Buses can drop off right in front of track and park in the main high school lot.*

Events:

Running Events:

- 100m hurdles
- 100m dash
- 4x200m relay
- 1600m run
- 4x100 relay
- 400m run
- 800m run
- 200m run
- Sprint Medley (1/1/2/4)

\*\*Each race will be girls, then boys (*no separation of grades*)

\*\*Fastest runners will be placed in the first heat

Field Events:

- For the throws please be sure to have athletes help shagging to keep the events moving along.
- Depending on the number of throwers we might have them throw all three throws at once and then measure the best one.
- South Pit will be for Long Jump (closes at the start of the 200m)
- North Pit will be for Triple Jump (closes at the start of the 200m)

|                                   |                                           |
|-----------------------------------|-------------------------------------------|
| Triple Jump: Cafeteria            | (3 jumps, no finals)                      |
| Long Jump: Cafeteria              | (3 jumps, no finals)                      |
| Shot Put: Cafeteria               | (3 throws, no finals)                     |
| Discus: Cafeteria                 | (3 throws, no finals)                     |
| Pole Vault: Boys & Girls together | (Starting at 5')                          |
| High Jump: Boys, then girls       | (Boys starting height 3'9", 4', up by 2") |



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(Girls starting height 3'6", 3'9, 4', up by 2")

- Entries:
- 6 entries for all events unless specified below
  - 2 relays per gender
  - 4 high jumpers per gender
  - 3 pole vaulters per gender\*\*\*

**Register athletes for events on Athletic.net. The deadline for entries is Monday, April 20th at 8:00am. Athletes will be seeded by the times entered in Athletic.net. If you have any questions regarding registration email [teldred@hlww.k12.mn.us](mailto:teldred@hlww.k12.mn.us).**

- Scoring:
- All individual events have 5 places: 8-6-4-2-1 (based on 5 teams)  
All relays have 4 places: 8-6-4-2 (based on 5 teams)

- Workers:
- We plan to have staff and high school athletes work events and time the meet. We may still need some help with relay exchanges. If you notice an athlete doing something wrong please help them in a respectful manner.

- Awards:
- No awards for this meet

- Questions:
- Email Andy Hertwig at [ahertwig@hlww.k12.mn.us](mailto:ahertwig@hlww.k12.mn.us) or  
Call Joe Puncocar at **320-543-4600** or email [jpuncocar@hlww.k12.mn.us](mailto:jpuncocar@hlww.k12.mn.us)