

**2026 WYALUSING “Lasagna” INVITATIONAL
TRACK & FIELD MEET**

Friday, April 24, 2026

**Peterson Stadium
Wyalusing Valley High School
Wyalusing, PA 18853**



General Information

The Wyalusing Rams are excited to invite you to our 21st Annual **Lasagna Invitational Track and Field Meet** on our Max Flex track surface. Our athlete and spectator friendly facility should provide your athletes with the opportunity for obtaining outstanding times, distances and heights as they work to qualify for district competition and league championships.

State Medalists

As usual we provide a high level of competition at the Lasagna Invitational.

Individual state medalist include: Chloe Diaz - Montrose (AA-100mHH), Sara Bronson - Athens (AA-1600m), Gracelyn Laudermilch - NEB (AA-1600m), Kendel Jones - Elk Lake (AA-1600m,3200m), Avery Kozerski - Holy Redeemer (AA-800m), Jordin Bowman - Northwest Area (AA-HJ), Avery Sens - Troy (AA-SP)

Relay state medalist that attended our meet last year were: Holy Redeemer Girls 4x100m (AA)

At this year's meet, we will feature the following:

- a six lane Max Flex track and jumping surfaces
- FAT timing provided by Wil-Time Systems
- on-line meet entry and registration
- Live Results will be posted online throughout the meet
- concessions, including Invitational T-shirts
- team plaques for the top boys and girls teams, and for the top combined (boys/girls) team
- medals to **the top three in each event**
- special awards given in honor of the past PIAA State Champions from Wyalusing: Jerami Stucchio (Boys Pole Vault), Bob Hanzock (Boys High Jump), and Cathy Boyanowski (Girls Long Jump)

Entry Fee: \$200 per individual team, \$350 for a combined team; individual entries (no team score) - \$15. Checks should be made payable to *Wyalusing Track Club*. C/O Mel Caplan PO Box 51, Wyalusing, PA 18853

Entry: Each team is allowed **three per event** and only **one** relay team. Again this year we will have the Freshman 100 and the Freshman 1600. Each school is allowed **one freshman** entry per freshman event. These events will be run as the first heat of the event in the time schedule.

Registration: Registering athletes will be done on <https://pa.milesplit.com/meets/659756-wyalusing-lasagna-invitational-2025/info>

ENTRIES ARE DUE – WEDNESDAY, APRIL 23, 2025, BY 7 PM!!!! This is a change from past registrations.

Buses: Our school is getting dismissed at 1 pm on the day of the meet. To avoid issues with our busing at student dismissal, we ask that you plan to arrive at the school earlier than 1 pm or after 1:30 pm.

Time Schedule: This year all events will begin at 3 pm. A tentative time schedule is attached; a complete time schedule will be posted at a later date. The only change to this time schedule would be to accommodate any negative weather. We will **NOT** be having prelims for the 100m or the 100/110m HH, instead they will be seeded and run as finals. In the horizontal jumps and throws, the athletes will get

4 attempts and **no finals**. The throwing events will be limited to the top 36 seeds in each event. The list of accepted throwers will be posted on milesplit on Thursday morning.

Tentative Starting Heights: Girls High Jump 4-4; Girls Pole Vault 7-0
Boys High Jump 5-4; Boys Pole Vault 9-0

Contact Information: For **questions** regarding the meet, please contact Jim Schools, Meet Director, at jschools@wyalusingrams.com or by FAX at (570) 746-2053 or by phone at (570) 637-0258 (c) or (570) 744-2114 (h).

Remember registration and results will be done through www.penntackxc.com.

Good luck, and we look forward to seeing you and your athletes on **April 25!**

Jim Schools, Meet Director
Head Track and Field Coach
Wyalusing Valley High School

2025 Wyalusing Lasagna Invitational Time Schedule

Revised Schedule

Track Events (Rolling Schedule)

Girls then Boys

3:00 4x800m Relay

100m/110m High Hurdles (will be run as finals)

100m Dash (will be run as finals)

Lasagna Mile (Weather Permitting)

1600m Run

4x100m Relay

400m Dash

300m Intermediate Hurdles

800m Run

200m Dash (Finals)

3200m Run

4x400m Relay

Field Events (Rolling Schedule)

3:00 Girls Pole Vault (5 alive) followed by Boys (5 alive)

Girls Javelin (4 Throws, no finals) followed by Boys (4 Throws, no finals)

Boys Discus (4 Throws, no finals) followed by Girls (4 Throws, no finals)

Boys High Jump (5 alive) followed by Girls (5 alive)

5:30 Boys Long Jump (4 Jumps, no finals)

Girls Long Jump (4 Jumps, no finals)

7:30 Boys Triple Jump (4 Jumps, no finals)

Girls Triple Jump (4 Jumps, no finals)

6:00 Boys Shot Put (4 Throws, no finals) followed by Girls (4 Throws, no finals)

Implement weigh-ins will occur at the big tent by the concession stand.