



ARROWHEAD HIGH SCHOOL

Myrhum Varsity Invitational

Saturday, May 9, 2026



We look forward to hosting you at the Myrhum Varsity Invitational.

HEAT SHEETS - [HERE](#)

Informational Video: [HERE](#) (Sections below have links to important parts from the video)

[Expanded Map](#)

[Track Map](#)

SEE UPDATE BELOW FOR LONG AND TRIPLE

Meet Site:

Arrowhead High School - Taraska Stadium
700 North Ave
Hartland, WI 53029

Meet Schedule:

Saturday, May 9, 2026

9:30 am to 4:00 pm - Implement Weigh-In at the shed by the shot put area on the far west side of the athletic fields

11:00 - Discus - Boys first, followed by Girls

11:00 - Shot Put - Girls first with Wheelchair Division, followed by Boys

11:30 - Long Jump - Boys and Girls - using 2 pits

12:00 - Running Events – Finals Only

12:30 - Begin Pole Check-In for pole vault at pole vault pits on north end of track

1:00 - High Jump - Girls (Boys at 4:00)

2:00 - Pole Vault - Boys and Girls - using 2 pits

3:45 - Triple Jump - Boys and Girls - using 2 runways

4:00 - High Jump - Boys

9:00 - Anticipated Approx End Time

Myrhum Track & Field Meet will be live streamed: Click on the 'Live' Menu Option - [Link Here](#)

This document **is current** with most recent changes reflected within.

- **To participate** in this meet please
 - Note the **eligibility** and **qualifying** standards
 - **Obtain** a contract through our Activities Office (noted below) agreeing to the terms
 - **Register** on PTTiming.com - when it opens on Monday, March 16 and will close on Monday, May 4 at NOON.

COACHES FINAL INFO will be available HERE the day before the meet.

The status of **HEAT SHEETS AVAILABILITY** will be mentioned [HERE](#) when available

FORMAT FOR 2026

Eligibility VIDEO: [WHO IS ELIGIBLE](#)

- Only state of Wisconsin high school athletes competing for their high school are eligible to compete in the Myrhum Invite.
- Each athlete must be affiliated and competing for their Wisconsin high school and approved and supported by their high school.
- Unattached athletes are not eligible to compete at the Myrhum Invite.

Obtain a Contract

Schools interested in competing in this meet, with one or several athletes, should contact our activities office to obtain a contract. A team consists of 1 or more athletes.

- Activities Director, Ryan Mangan - mangan@arrowheadschoools.org
- Activities Office Assistant, Jill With - with@arrowheadschoools.org
- **Individuals on a team, relay teams and full school teams** are welcome to participate as long as every entry meets the minimum standard. Thank you for adhering to these guidelines.
- The contracts will be sent with the minimum standards explained. By signing the contract you agree to these terms.

Qualify

All athletes must **QUALIFY** (video) **to participate** in this meet. See the qualifying standards below.

- Athletes and relay teams must have a **seed time** in [Athletic.net](#) or [Milesplit](#) that meet our qualifying standards. Results from other timing methods will not populate in our system. If you have a time from another system, you must fill out the comments section on [athletic.net](#) with a link to the results you do have. If you are close, please leave all explanations and requests in the comment section, instead of emailing the meet managers. This allows us to have all information in one spot.
- All athletes on a school team will be required to meet these minimum standards to be allowed to compete in the meet.
- See the qualifying standards below.
- The Standards have been established to accept the appropriate number of athletes to accommodate the parameters of the meet schedule.
 - **We will accept additional athletes to fill the last partial heat or flight with the goal of minimizing empty lanes.**

- If you are on the bubble, please submit a seed time and make any notes in the comment section on athletic.net
- Check back on Tuesday after entries close on Monday and we review them all.
- We will cap the number of heats at our maximum limit noted [HERE](#)
- Qualifying marks need to be recorded in athletic.net or milesplit.com . Otherwise you must fill out the comment section in athletic.net with a link to the results you do have.
- Any athlete that does not have a seed time verified in Athletic.net or Milesplit.com or a link to their official results in the comment section of athletic.net will be scratched from the event.

Pay the team fee: **Video:** [Contract and Fees](#)

- **Fee Structure:** Everyone will receive a contract (teams, individuals, and relays)
 - The maximum fee is \$200 per gender/team, and relay entries count toward that maximum
 - A team is considered to be 5 or more individuals of the same gender.
 - The fee for 5 or more individuals of the same gender is \$200
 - For example, Please pay \$200 for a girls 'team' AND \$200 for a boys 'team' for a total of \$400 for your school
 - The fee for an individual is \$40.
 - The fee for a relay team is \$160.
 - Please pay accordingly. For example,
 - 1 athlete = \$40, 2 athletes = \$80, 3 athletes = \$120, 4 athletes = \$160, 5 athletes = \$200
 - 6 athletes (all the same gender) = \$200
 - 1 relay team (4 athletes) = \$160
 - 1 relay team (4 athletes) \$160 + 1 open event for one athlete \$40 = \$200
 - 6 athletes (mixed gender) = please pay per individual athlete mentioned above
 - 3 boys and 3 girls = $(\$40 \times 3 = \$120) + (\$40 \times 3 = \$120) = \$240$
 - 6 boys and 1 girl = $(\$200 + \$40 = \$240)$
- You may wait to pay the fee until you have confirmation of qualifying.
- Checks can be made payable to Arrowhead High School.
- Payment can be mailed to Arrowhead High School, Attn: Activities Office, 800 North Avenue, Hartland, WI, 53029
- Payment can be brought to the meet and turned in to the meet manager at the awards table

Questions can be directed toward our **meet managers**:

- Head Boys Track & Field Coach, **Chris Herriot** at herriot@arrowheadschoools.org
- Athletic Director, Ryan Mangan at mangan@arrowheadschoools.org or 262-369-3612 ext 4203

Entry Process

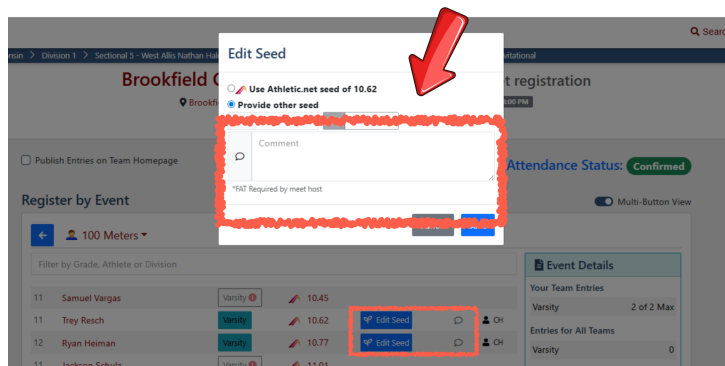
Entry Deadline: Monday, May 4 at Noon

A \$50 late fee will be assessed if registration needs to be reopened. Minimal changes will be accepted at the coaches meeting.

Athletes and relay teams must have a seed time in [Athletic.net](https://athletic.net) or [Milesplit.com](https://milesplit.com) . Results and other timing methods will not populate in our system.

- All athletes on a school team will be required to meet these minimum standards to be allowed to compete in the meet
- Qualifying marks need to be recorded in athletic.net . If you do not have a result in the system, you must fill out the comments section on athletic.net. See video linked at top of document.
- You can and should change a seed lower if the athletes or relay team is not currently at that point or you don't have the same kids from last year.
- If you are close to meeting the standard, please leave explanations and requests in the comments section on athletic.net instead of emailing the meet manager.
- Any athlete that does not have a seed time verified in athletic.net or a link in the comments section of athletic.net will be scratched from the event.

Add link and or comments here.



- Heat sheets will be linked [HERE](#) and on [PTTiming.com](https://pttiming.com).

CO-ED 4x400 Relay Returning in 2026

- Co-Ed 4x400 relay was new in 2023
- Athletes must be from the same school unless the athlete attends an all boys / all-girls school
- It will be run as the last event of the meet
- Points will be split and awarded to both girls and boys teams.
- The order of runners will follow the world championship order: Male-Female-Male-Female

The Minimum Standards are as Follows

2026



2026

MYRHUM INVITE

GIRLS

BOYS

10:15	4X800	8:30
13.50	100	11.70
17.80	100/110	17.00
5:35	1600M	4:38
1:53	4X200	1:36
1:03.5	400	53.50
52.60	4X100	46.00
52.00	300H	44.00
2:27.5	800	2:02.5
27.50	200	23.50
12:05	3200	10:10
4:30	4X400	3:45
OPEN	4X400 MIX	OPEN
15-08	LONG JUMP	20-00
4-10	HIGH JUMP	5-10
32-00	TRIPLE JUMP	40-00
32-00	SHOT PUT	44-00
92-00	DISCUS	125-00
10-00	POLE VAULT	12-00

MINIMUM STANDARDS



SATURDAY MAY 9TH
ARROWHEAD HIGH SCHOOL
HARTLAND WISCONSIN



Entry Limits: Per WIAA rules, an athlete may compete in a maximum of four events, but no more than 3 track events or 3 field events. Relay team members need not be declared in advance. Each school may enter **28 total individual entries**. Relays **DO NOT** count as an individual entry. All entries must meet the minimum standards. No more than **3 individual entries per event are allowed per school**. No more than 1 relay team per relay event is allowed per school.

Heat Sheets: Will be available on the pttiming.com website PTTIMING.COM

Myrhum Meet Records Updated - [Here](#) Click on Girls Varsity or Boys Varsity tab on bottom
Myrhum Meet Top Performances - [Here](#) - Click on Girls Varsity or Boys Varsity tab on bottom

Officials: Tom Emmerich, Jon Hegge, Dennis Meyer, Mark Pagach & Pete Emmerich

WIAA Sportsmanship Verification Form - [Here](#)

Coaches, Please download, sign, and bring to the meet to be turned into the meet Referee or the collection box in the Morton Storage Concession Building at the SW corner of the track.
We will have forms available for you to fill out at the meet.
Please do NOT SNAIL MAIL forms to the activities office.
Completed forms CAN be EMAILED to Jill Bradley at bradley@arrowheadschoools.org.

Jury of Appeals: 2 officials, Head Track Coach from a Oconomowoc Boys Team, Head Track Coach from Mukwonago Girls Team, and 1 meet manager

Team Area: Please set up your team camps outside of the track's fence.
We ask that no spectators be on the infield. Warm ups will be allowed on the backstretch and on the far east side of the infield as long as athletes do not interfere with races in progress. Locker rooms are not available. Restroom space is limited and constrained for changing areas. Restrooms are available in the building in the parking lot at the south side of the track as well as portable restrooms dispersed on site.

Bus / Van Parking:

Please share with your bus and van drivers that they should park in the lot on the far North East side of the stadium to facilitate parking, traffic and potential congestion. Hartbrook Strip Mall at 580 Hartbrook Drive in Hartland is just to the SouthEast of campus where there is ample parking, food and restrooms. Thank you for your assistance in this matter.

Restricted Areas: Restricted areas will include the track infield, all eight lanes of the track running surface, the clerking area, the starting lines, the finish line, finish line area and the scorer's tent. Only a limited number of coaches per team will be allowed in the high jump and pole vault areas. All other coaching shall be done from outside the fence. Once the high jump or pole vault has been completed or your athlete is finished, you must exit the area. Spectators for the pole vault must remain in the designated area on the north side of the track.

Trainer: The trainer will be available near the finish line. Please provide your own tape, wraps, braces, etc.

Facility Emergency Action Plan: [HERE](#)

Spikes: Arrowhead has an 8 lane all-weather track that will accept ¼” spikes. This includes pole vault, high jump, long jump and triple jump runways.

Hospitality: Limited menu will be available in the Morton storage concession building at the southwest corner of the track.

Concessions: Will be available, accepting cash, credit, and apple or ‘smart’ pay.
Food trucks will also be available. Just Smokin’ BBQ, Mr P’s Grilled Cheese, Kona Ice

T-Shirts for Sale! Customize your own apparel provided by vendor, Fine Designs. Cash and credit accepted.



Scoring: Individuals & Relays: 10-8-6-5-4-3-2-1. The CO-ED 4x400 relay will split the points between the boys and girls teams.

Awards: Medals for 1st – 6th places, Team Plaques for 1st and 2nd place. Running event results are compiled immediately after the final heat of the running race. Field event results are compiled as timely as possible after the conclusion of each event.

- Athletes should pick up their medal at the awards table.
- Top 3 places will be announced and presented on the awards stand when all 3 athletes or relay teams are present.

Admission: \$6 for adults, \$4 for students, 60+ free, 6 and under free

Cash or credit at the door or tickets sold in advance on Just a Game

https://justagame.com/clients/649b53c262d9ck1way/imp_67e0654b20b70sVmVy

Myrhum Track & Field Meet will be live streamed: Click on the Live Menu Option - [Link Here](#)

Coach Meeting: We will not have a formal coaches meeting due to the variety of arrival times for the multiple schools represented. Questions can be directed to meet management and the officials who will be stationed on the 10 yard line behind the timers at the finish line.

Field Events

*****Long and Triple Jump Update *****

Due to the large number of athletes who hit the standard in both the long and triple jump we will be forced to run a rolling schedule and be strict on the minimum jump measurement. If we do not make changes to speed up the jumps, we will run out of daylight.

Please make sure your jumpers are paying attention to the flight in front of them and are ready to roll when we can get the next flight up. We will do what we can to accommodate athletes in multiple events to the best of our ability but it is important to note, we are trying to do what is best for all the athletes today.

If you have any issues please be sure to bring them to our volunteer workers' attention as early as possible.

- **Long Jump - Start time is 11:30**

- Boys on West Pit
- Girls on East Pit
- Official athlete check in will be at the start of warm-ups for that particular flight
- Trials in flights with open pit format - where they will each take 3 preliminary trial jumps
- Top 9 competitors will advance to finals for 3 more jumps in flight format
 - Order of competition for finals will be where the jumper with the best trial will jump last
- Coaches who do not have an athlete actively competing are considered spectators and must remain outside of the event area in the designated spectator areas.
- Check out time will be 15 minutes. The clock will start when the athlete is called for their next attempt.
- **Girls Long Jump** Myrhum Meet qualifying distance is 15-8
 - Minimum measurement will be 15-0
 - Jumpers must jump at least the minimum distance to be measured
 - Flights are approximately 14 jumpers - open pit style
 - 11:30 to 12:15 - Flight 1
 - 12:15 to 12:30 - Warm Up for Flight 2
 - 12:30 to 1:15 - Flight 2
 - 1:15 to 1:30 - Warm Up for Flight 3
 - 1:30 to 2:15 - Flight 3
 - 2:15 to 2:30 - Warm Up for Flight 4
 - 2:30 to 3:15- Flight 4
 - 3:15-3:30- Warm Up Finals
 - 3:30-4:00- Finals

- o Boys Long Jump Myrhum Meet qualifying distance is 20-0
 - Minimum measurement will be 19-0
 - Jumpers must jump at least the minimum distance to be measured
 - Flights are approximately 14 jumpers - open pit style
 - 11:30 to 12:15 - Flight 1
 - 12:15 to 12:30 - Warm Up for Flight 2
 - 12:30 to 1:15 - Flight 2
 - 1:15 to 1:30 - Warm Up for Flight 3
 - 1:30 to 2:15 - Flight 3
 - 2:15 to 2:30 - Warm Up for Flight 4
 - 2:30 to 3:15 - Flight 4
 - 3:15 to 3:30 - Warm Up for Finals
 - 3:30 to 4:00 - Finals

*****Long and Triple Jump Update *****

Due to the large number of athletes who hit the standard in both the long and triple jump we will be forced to run a rolling schedule and be strict on the minimum jump measurement. If we do not make changes to speed up the jumps, we will run out of daylight.

Please make sure your jumpers are paying attention to the flight in front of them and are ready to roll when we can get the next flight up. We will do what we can to accommodate athletes in multiple events to the best of our ability but it is important to note, we are trying to do what is best for all the athletes today.

If you have any issues please be sure to bring them to our volunteer workers' attention as early as possible.

- **Triple Jump - Start Time is 4:45**

- o Boys on West Pit
- o Girls on East Pit
- o Official athlete check in will be at the start of warm-ups for that particular flight
- o Trials in flights with open pit format - where they will each take 3 preliminary trial jumps
- o Top 9 competitors will advance to finals for 3 more jumps in flight format
 - Order of competition for finals will be where the jumper with the best trial will jump last
- o Coaches who do not have an athlete actively competing are considered spectators and must remain outside of the event area in the designated spectator areas.
- o Check out time will be 15 minutes. The clock will start when the athlete is called for their next attempt.
- o Girls Triple Jump Myrhum Meet qualifying distance is 32-0
 - Minimum measurement will be 31-0

- Jumpers must jump at least the minimum distance to be measured
 - Flights are approximately 14 jumpers - open pit style
 - 4:00 to 4:30 - General Warm Up
 - 4:30 to 4:45 - Warm Up for Flight 1
 - 4:45 to 5:30 - Flight 1
 - 5:30 to 5:45 - Warm Up for Flight 2
 - 5:45 to 6:30 - Flight 2
 - 6:30 to 6:45 - Warm Up for Flight 3
 - 6:45 to 7:30 - Flight 3
 - 7:30 to 7:45 - Warm Up for Flight 4
 - 7:45 to 8:30 - Flight 4
 - 8:30 to 8:45 - Warm up for Finals
 - 8:45 to 9:15 - Finals
- o Boys Triple Jump Myrhum Meet qualifying distance is 40-0
 - Minimum measurement will be 39-0
 - Jumpers must jump at least the minimum distance to be measured
 - Flights are approximately 14 jumpers - open pit style
 - 4:00 to 4:30 - General Warm Up
 - 4:30 to 4:45 - Warm Up for Flight 1
 - 4:45 to 5:30 - Flight 1
 - 5:30 to 5:45 - Warm Up for Flight 2
 - 5:45 to 6:30 - Flight 2
 - 6:30 to 6:45 - Warm Up for Flight 3
 - 6:45 to 7:30 - Flight 3
 - 7:30 to 7:45 - Warm Up for Finals
 - 7:45 to 8:15 - Finals
- **High Jump - Start Time is 1:00 pm for Girls (Boys at 4:00)**
 - o One pit - Girls first, followed by boys
 - o Five Alive format
 - o Girls Myrhum Meet qualifying height is 4-10
 - Opening height will be 4-8
 - o Boys Myrhum Meet qualifying height is 5-10
 - Opening height will be 5-8
 - o No surface markings will be allowed within 5 feet of the standards
 - o Coaches who do not have an athlete actively competing are considered spectators and must remain outside of the event area in the designated spectator areas.

- Check out time will be 15 minutes. The clock will start when the athlete is called for their next attempt.

- **Pole Vault - Start Time is 2:00 pm**

- 12:30 - Pole Check-In Opens at the pits on the north side of the track
- Two pits - Boys on South Pit, Girls on North Pit
- Five Alive format
- Girls Myrhum Meet qualifying height is 10-0
 - Opening height will be 9-6
- Boys Myrhum Meet qualifying height is 12-0
 - Opening height will be 11-6
- Bring a copy of weight verification form to the event
- All parents and spectators must stay outside of the track. There is a designated area on the north side of the track for spectators.
- Club coaches and coaches who do not have an athlete competing today are considered spectators and must remain outside the track in the designated spectator areas.

- **Shot Put - Start Time is 11:00 am for Girls, Boys to follow**

- Wheelchair Division and Girls, followed by Boys
- Official athlete check in will be at the start of warm-ups for that particular flight.
- 3 trials for each athlete in flight format
- As one flight is competing the next flight will warm up in the second ring to be ready to throw as soon as the flight ahead of them is complete
- Top 9 competitors will advance to finals for 3 more throws where the thrower with the best trial will throw last
- Girls Shot Put Myrhum Meet qualifying distance is 32-0
 - Minimum measurement will be 31-0
 - Throwers must put at least the minimum distance to be measured
- Boys Shot Put Myrhum Meet qualifying distance is 44-0
 - Minimum measurement will be 43-0
 - Throwers must put at least the minimum distance to be measured
 - Flights of approximately 10-12 throwers

- **Discus - Start Time is 11:00 am for Boys, Girls to follow**

- Boys first followed by Girls
- Official athlete check in will be at the start of warm-ups for that particular flight.
- 3 trials for each athlete in flight format
- Flights of approximately 10 - 12 throwers

- As one flight is competing the next flight will warm up in the second ring to be ready to throw as soon as the flight ahead of them is complete
- Top 9 competitors will advance to finals for 3 more throws where the thrower with the best trial will throw last
- Boys Discus Myrhum Meet qualifying distance is 125-0
 - Minimum measurement will be 123-0
 - Throwers must throw at least the minimum distance to be measured
- Girls Discus Myrhum Meet qualifying distance is 92-0
 - Minimum measurement will be 90-0
 - Throwers must throw at least the minimum distance to be measured

Running Events:

Girls will run first followed by boys
 All running events are timed finals
 All athletes will obtain their hip numbers at the north end of the straightaway
 All athletes must also check in with the clerk
 All events will be clerked at the north end of the straightaway

REGULAR SCHEDULE OF EVENTS

Rolling Schedule

12:00 Wheelchair 1600 Meters

4 x 800 Relay
100 / 110 High Hurdles
Wheelchair 100
100 Dash
100 Dash Special Olympics
1600 Run (Mike Mulrooney Mile)
1600 Run (Mike Mulrooney Mile)
4 x 200 Relay
Wheelchair 400
400 Dash
4 x 100 Relay
300 Low & Intermediate Hurdles
Wheelchair 800
800 Run
200 Dash
3200 Run
3200 Run
4 x 400 Relay - Girls Heats 1, 2 & 3 of 4
4 x 400 Relay - Boys Heats 1, 2, 3 & 4 of 5
4 x 400 Relay - Co-Ed Heat 1 & 2 of 3
4 x 400 Relay - Girls Championship Heat (Heat 4 of 4)
4 x 400 Relay - Boys Championship Heat (Heat 5 of 5)
4 x 400 Co-Ed Relay - Championship Heat (Heat 3 of 3)