

# LANCASTER FLYING ARROWS

806 East Elm Street  
Lancaster, Wisconsin 53813  
Brett Rollins, Activities Director  
608-723-2173, Ext 378  
E-mail: rollinsb@lancastersd.k12.wi.us

To: Coaches and Athletic Directors  
Re: Lancaster High School Track & Field Invitational  
Date: April 9th, 2026

We look forward to having your team participate in the Lancaster Track & Field Invitational on Thursday, April 9<sup>th</sup>.

**Entry Fee: \$200** - Either send the check with your coach or mail to:  
Lancaster High School  
ATTN: Brett Rollins  
806 E Elm Street  
Lancaster, WI 53813

**Participating Teams:** Argyle, Belmont, Benton/Scales Mound/Shullsburg, Boscobel, Cuba City, Darlington, DeSoto, Dodgeville/Mineral Point, Fennimore, Iowa-Grant, Lancaster, Platteville, Prairie du Chien, Richland Center, River Ridge, River Valley, Viroqua, Wauzeka-Steuben, Westby

**Entries will be entered through <http://www accuracetimeing.com/>**  
**Entries are due Wednesday, April 8th at NOON.**

**Admission:** Adults: \$5 Students: \$5 5 and under free (**NO PASSES**)

**Events:** Standard WIAA meet. WIAA participation limits apply. Each school is allowed 28 individual events, Max 3 per event, and 1 relay team in each relay race.

Pyramid 1/4 spikes allowed.

**100/110 Hurdles and 100 Meters will have trials.**

**Coaches/Scratch Meeting:** Press Box - **3:30 PM.**

**Jury of Appeals:**

Brett Rollins (meet manager), Tim Lee, Knight Wynn, head coaches from Fennimore and Lancaster

**Awards:** Team plaques Girls/Boys winner and runner-up, medals 1-2-3 individuals.

**Scoring:** All events will be 10-8-6-5-4-3-2-1 for 8 places.

**Exchange Zones:**

4x100 – #1 Boscobel, Cuba City, Lancaster; #2 Darlington, DeSoto, Westby;  
#3 River Ridge, Fennimore, Dodgeville/Mineral Point

4x200 – #1/3 Richland Center, River Valley, Viroqua; #2 River Ridge, Belmont, Platteville

**Shot Put/Discus:** 3 flights, 10 min. warm-up - 3 throws **NO FINALS**  
Scratch lines - measure first legal throw.  
Boys/Girls shot - 35'/25' Boys/Girls discus - 100'/80'

**Long Jump and Triple Jump:** Flights with 3 trials, **qualify 9 to finals.**

**Pole Vault:** Will begin at 6' for girls and 8' for boys  
The first and second increments will be 1' and 6" after

**High Jump:** Girls 4' Boys 5'

**Concessions:** Will be available - located under the press box

**Bathrooms:** Located behind the press box

**Trainer:** Will be on-site

**AWARDS:** Will be handed out in the press box

**RESULTS:** Will be posted at <http://www accuracetimeing.com/>

## **Order of Events**

### **4:00 FIELD EVENTS**

DISCUS – Boys/Girls	3 Throws NO FINALS
SHOT PUT – Girls/Boys	3 Throws NO FINALS
LONG JUMP - Girls / Boys	3 Jumps Then Finals (Open Pit 1 ½ Hours)
TRIPLE JUMP - Boys / Girls	3 Jumps Then Finals (Open Pit 1 ½ Hours)
POLE VAULT – Boys/Girls	Starting Height 8'/6' Ft
HIGH JUMP –Girls/Boys	Starting Height 4'/5' Ft

## **4:00 TRACK EVENTS**

Wheelchair Athletes will compete between girls and boys Finals in their entered events

4x800 Relay Girls / Boys

100M Dash Trials Girls / Boys

100/110M High Hurdles Trials

-----BREAK-----

110/100M High Hurdles Finals

100M Finals 100 Girls / Boys

1600M Girls / Boys

4 X 200M Relay Girls / Boys

400M Girls / Boys

4 X 100M Relay Girls / Boys

300M Hurdles Girls

300M Hurdles Boys

800M Girls / Boys

200M Girls / Boys

3200M Girls / Boys

4 X 400M Relay Girls / Boys