Galloping Ghost Invitational

Bank of Kaukauna Stadium
Friday May 1st, 2026

We are happy to host the 2nd Annual Ghost Invitational Track Meet. The following schools have accepted invitations to compete: Mosinee, Wisconsin Rapids, Ashwaubenon, West Bend West, Sheboygan South, New London, Mukwonago, Port Washington, Kaukauna, Rhinelander. $250 per school (boys and girls)

The meet will be timed and field events recorded by ADE Timing Entries are due at athletic.net by 9am on April 29th. There will be a coaches meeting at the finish line at 3:00pm before the meet for scratches and opening heights for both the Pole Vault & High Jump.

Long Jump & Triple Jump:
Girls will long jump, boy's Triple jump first. They will then flip flop after finals. Three jumps in trials for the Long Jump & Triple Jump. Top nine from prelims will qualify for finals.

Triple Jump:

Boys-Trials: 3:30-4:30 Finals: 4:45-5:15
Girls-Trials: 5:45-6:45 Finals: 7:00-7:30

Long Jump:

Girls-Trials: 3:30-4:30 Finals: 4:45-5:15
Boys-Trials: 5:45-6:45 Finals: 7:00-7:30

Shot Put & Discus:
Boys will throw Discus first, Girls Shot Put first.

High Jump & Pole Vault
Girls will high jump first, Boys Pole Vault first

Here are a few reminders and suggestions:

- The location of our track is Kaukauna High School
- The Kaukauna track is rubber surfaced. All runners will be allowed to compete with ¼ inch spikes.
- We will have no locker room space. Dress at your home school.
- Please use the WIAA 28 entry rule with one relay per school.
- An individual may compete in a total of four (4) events as is indicated by WIAA rules.
- It will not be necessary to bring starting blocks, but be sure to bring your own batons, shot and discus, pole vaulting poles.
- No Tents or camps on INFIELD and No Tents over by the Pole Vault
- Eight places will be awarded in each event. Points will be 10-8-6-5-4-3-2-1. WIAA rules to break ties. Medals will be given to the top three places in each event, including relays.
- Refreshments and food will be available throughout the meet.

Ghost Invitational T-Shirts will be sale in concession stand

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TIME SCHEDULE

3:30 pm	All field events to completion (Boys Discus & Pole Vault first, Girls Shot Put & High Jump first)
4:00 pm	100 M Dash trials (winner of each heat + next best times to fill finals)
	110/100M High Hurdles trials (winner of each heat + next best times to fill finals) **Boys High Hurdles first, only time boys will run before girls**
	3200 M Relay (One section)
	100M/110M High Hurdle finals
	100 M Dash finals
	1600 M Run (one section)
	800 M Relay (two sections)
	400 M Dash (two sections)
	400 M Relay (two sections)
	300 M Intermediate Hurdles (two sections)
	800 M Run (one section)
	200 M Dash Finals
	3200 M Run (one section)
	1600 M relay (two sections)
	1600 M Relay "*Anything but a Baton Relay"* (non-scored) -Can use as many team members as you'd like but "baton" needs to travel 4 laps -All teams will compete at the same time no matter how many are entered