

# Small Schools Invitational

**Athletic Director:** Eric Peterson

**Location:** Vigilante Stadium at Helena Middle School

3:30 PM Start time for field, 3:45 PM start time for track.

Approximate time schedule - if we get ahead, we will stay ahead.

## TRACK EVENTS

3:45 110 Hurdles Boys  
3:55 100 Hurdles Girls  
4:05 100 Boys  
4:30 100 Girls  
4:55 1600 Boys  
5:05 1600 Girls  
5:15 4 x 100 Relay Boys  
5:20 4 x 100 Relay Girls  
5:25 400 Boys  
5:35 400 Girls  
5:45 300 Hurdles Boys  
6:55 300 Hurdles Girls  
6:05 800 Boys  
6:15 800 Girls  
6:25 200 Boys  
6:40 200 Girls  
6:55 3200 Boys  
7:10 3200 Girls  
7:25 4 x 400 Boys  
7:35 4 x 400 Girls

## FIELD EVENTS

3:30 Pole Vault – Girls  
Pole Vault – Boys  
Discus – Girls  
High Jump - Girls  
Shot Put – Boys  
Javelin – Boys  
Long Jump – Boys  
Long Jump – Girls  
  
4:45 Discus – Boys  
Shot Put – Girls  
High Jump – Boys  
  
5:00 Triple Jump – Boys  
Javelin – Girls  
Triple Jump – Girls

**ATHLETIC.NET ENTRIES:** We will be using Athletic.net for entries and live scoring in 2026. Please submit entries by 5 PM the day prior to the meet. Unlimited entries.

**SPIKES:** 1/4-inch or 1/8-inch pyramid spikes are permitted in running and jumping events.

**DISTANCE EVENTS:** The 3200 may combine boys and girls into one heat, but only if coaches from teams agree. Distance races will use a double waterfall start and will be seeded from the inside out. The fastest 1/3 of the athletes will be seeded in alley 2 (lanes 6-10) and the other 2/3 will be seeded into alley 1 (lanes 1-10).

**RELAYS:** JV relay teams will be added into Varsity heats if entries allow. Varsity teams will run in middle lanes and any JV teams directly next to them will be from their own school.

**THROWING EVENTS:** Athletes will have 3 trials, no finals. We will peg the throws in javelin, shot and discus.

**HORIZONTAL JUMPS:** Athletes will have 3 trials, no finals.

**SCORING:** The top 6 placers will be scored: 10-8-6-4-2-1.