

Sturgeon Invitational 2026

Running Events (Start at 9:00 AM)

1. Varsity Boys 110m Hurdles
2. Freshman/Soph Boys 110m Hurdles
3. Freshman/Soph Girls 100m Hurdles
4. Varsity Girls 100m Hurdles
5. Freshman/Soph Girls 3200m
6. Freshman/Soph Boys 3200m
7. Freshman/Soph Girls 4x100m Relay
8. Freshman/Soph Boys 4x100m Relay
9. Varsity Girls 4x100m Relay
10. Varsity Boys 4x100m Relay
11. Freshman/Sophomore Girls 1600m
12. Freshman/Sophomore Boys 1600m
13. Varsity Girls 1600m
14. Varsity Boys 1600m

The Jackson Family 400

15. Freshman/Sophomore Girls 400m
16. Freshman/Sophomore Boys 400m
17. Varsity Girls 400m
18. Varsity Boys 400m



- 100 meters Races

19. Freshman/Sophomore Girls 100m
20. Freshman/Sophomore Boys 100m
21. Varsity Girls 100m
22. Varsity Boys 100m

The McDaniel Family -800

23. Freshman/Sophomore Girls 800m
24. Freshman/Sophomore Boys 800m
25. Varsity Girls 800m
26. Varsity Boys 800m

27. Freshman/Sophomore Girls 300m Hurdles
28. Varsity Girls 300m Hurdles
29. Freshman/Sophomore Boys 300m Intermediate Hurdles
30. Varsity Boys 300m Intermediate Hurdles



- 200 Meter races

31. Freshman/Sophomore Girls 200m
32. Freshman/Sophomore Boys 200m
33. Varsity Girls 200m
34. Varsity Boys 200m

The Nicole Boice Realtor 3200

35. Varsity Girls 3200m
36. Varsity Boys 3200m

The Jackson Family 4x400 Relay

37. Freshman/Soph Girls 4x400m Relay
38. Freshman/Soph Boys 4x400m Relay
39. Varsity Girls 4x400m Relay
40. Varsity Boys 4x400m Relay

Field Events (Start at 8:30 AM) All events with a 1 next to them will Start Promptly 8:30am

- **Long Jump:**
 - Flights of 12 with 4 jumps, lowest to best order (please estimate a jump so like athletes jump together)
 - Run Throughs start at 7:45 AM until 8:20 AM
 - Between each flight, 2 extra run-throughs allowed, no more
 - **Pits:**
 - 1-Varsity Boys: Pit A (by 200m start)
 - 1-Varsity Girls: Pit B (by 300m Hurdles start)
 - 2-JV Girls: Pit A (by 200m start) After VB
 - 2-JV Boys: Pit B (by 300m Hurdles start) After VG
- **Triple Jump:**
 - Flights with 4 jumps, lowest to best order (please estimate a jump so like athletes jump together)
 - Run Throughs start at the end of Long Jump (only 20 minutes)
 - Between each flight, 2 extra run-throughs allowed, no more
 - **Pits:**
 - 3-Varsity Boys: Pit A (by 200m start)
 - 3-Varsity Girls: Pit B (by 300m Hurdles start)
 - 4-JV Girls: Pit A (by 200m start) after VB
 - 4-JV Boys: Pit B (by 300m Hurdles start) after VG
- **Shot Put:**
 - 4 throws, no finals (please estimate a distance so like athletes compete together)
 - **2 Rings:**
 - 1-Freshman/Sophomore Girls: Ring A (closest to the Finish line)
 - 1-Varsity Girls: Ring B (by the Visitor Bleachers)
 - 2-Freshman/Sophomore Boys: Ring A (after FS Girls)
 - 2-Varsity Boys: Ring B (after Varsity Girls)
- **Discus:**
 - 4 throws, no finals (please estimate a distance so like athletes compete together)
 - **2 Rings:**
 - 1-Freshman/Sophomore Boys: Ring A (behind home Bleachers)
 - 1-Varsity Boys: Ring B (behind visitor bleachers)
 - 2-Freshman/Sophomore Girls: Ring A (after FS Boys)
 - 2-Varsity Girls: Ring B (after Varsity Boys)
- **Pole Vault (Opening Heights):**
 - 1-Freshman/Sophomore Girls: Start at 6'6", one-foot increments until 7'6", then 6" increments
 - 2-Varsity Girls: Start at 7'6", one-foot increments until 8'6", then 6" increments
 - 3-Freshman/Sophomore Boys: Start at 8'6", one-foot increments until 9'6", then 6" increment
 - 4-Varsity Boys: Start at 9'6", one-foot increments until 11'6", then 6" increments
- **High Jump (Opening Heights): 5 alive**
 - 1-Freshman/Sophomore Girls: 4'
 - 2-Varsity Girls: 4'2"
 - 3-Freshman/Sophomore Boys: 4'8"
 - 4-Varsity Boys: 5'