



# Welcome to the 2026 Wasilla Track & Field Invite!

## Friday April 24 - Saturday April 25

- Coaches' meeting will take place in front of our timing shed by the finish line on Friday at 9:00am and on Saturday at 9:00am.
- Team tents may be set up in the stands or grass areas outside the fencing. No team tents on the infield.
- Limit 5 entries per event and two relay teams per event (A and B teams for Girls relays and A and B teams for Boys relays).
- **ALL ENTRIES ARE DUE BY THURSDAY, April 23<sup>rd</sup> at 5PM** on Athletic.net.
- Unified events will take place SATURDAY, April 25
- Entry fee:  
\$125.00 for schools with 19 or fewer athletes,  
\$200.00 fee for schools with 20 or more athletes.  
Please use the attached QR code in email, bring a check to the coaches meeting, or mail to Wasilla High School, c/o Stacia Rustad, 701 E. Bogard Road, Wasilla, AK 99654.
- Wasilla will provide the main judge for each event, but we are also asking that coaches help provide a volunteer in each event as well.
- Spikes are to be no longer than 1/4".
- You must supply your own batons. **A few extra starting blocks would be appreciated!!!!**
- Girls High Jump (Friday) will start at 3'10"-----Boys(Saturday) at 4'10". High Jump will take place outside, on the track, near the start of the 100m.
- School uniforms are to be worn by all competitors
- Please note that throws will be grouped by school ( with a few different schools grouped together in flights). We will still have finals.
- IMPLEMENT WEIGH-INS: Friday and Saturday 8:45-9:30am in upper bleachers
- Awards for the top three finishers in each event and team trophies for top Girls and Boys team.
- **HOUSING REQUESTS are due by April 3<sup>rd</sup>** to Rustad (limited and on a first-come, first-served basis)

Questions, please contact:

WHS Athletic Principal: Stacia Rustad - 907-352-8249; [Stacia.rustad@matsuk12.us](mailto:Stacia.rustad@matsuk12.us)

WHS Head Coach: Leslie Varys - 907-315-7159; [Leslie.varys@matsuk12.us](mailto:Leslie.varys@matsuk12.us)

# Wasilla Field & Track Invite 2026

## Friday April 24 – Saturday April 25

### Schedule of Events

#### Friday

9:00am Coaches meeting by timing shed/finish line

10:00am start

Girls High Jump  
Girls Discus  
Boys Shot

11:00am start

Girls Long (HJ Girls will be in the final heat of Long)  
Boys Triple

1:00pm start (Running will be on hold until the high jump is finished)

4x800m Relay  
100/110m Hurdles  
100m Dash  
1600m Run  
4x100m Relay  
400 m Dash

#### Saturday

9:00am Coaches meeting by timing shed

9:30am

Boys High Jump  
Unified Long

10:00am

Girls Triple  
Boys Long at conclusion of Unified Long (HJ Boys in the final heat of Long)  
Boys Discus

10:30am

Unified Shot followed by Girls Shot

11:00am Girls then Boys

3200  
Unified 100m  
300m Hurdles  
Unified 4x100m  
4x200m Relay  
800m  
200m

\*\* senior recognition approx 4pm\*\*

4x400m Relay