

FORT RANDALL MIDDLE SCHOOL AND HIGH SCHOOL INVITATIONAL

May 12, 2026

Lake Andes, SD

MEETING: 9:15 in Press Box

FIELD EVENTS: 3 TRIALS ONLY FOR Jr Hi 4 TRIALS FOR VARSITY

10:00 JH Boys Shot followed by Varsity
JH Girls Discus followed by Varsity
JH Boys Long Jump followed by Varsity
JH Girls High Jump at SAME TIME AS Varsity
JH Girls Triple Jump followed by Varsity

11:30 JH Girls Shot followed by Varsity
JH Boys Discus followed by Varsity
JH Girls Long Jump followed by Varsity
JH Boys High Jump at SAME TIME AS Varsity
JH Boys Triple Jump followed by Varsity

1:00 Girls Javelin followed by the Boys Javelin (High School Only)

RUNNING EVENTS FINALS ONLY

11:30 3200 Meter Run Varsity Girls

11:45 3200 Meter Run Varsity Boys

Noon 100 M Hurdles (JH Girls, JH Boys)
100 M Hurdles Varsity Girls
110 M Hurdles Varsity Boys
3200 Meter Relay Girls Varsity
3200 Meter Relay Boys Varsity
100 Meter Dash (JH Girls, JH Boys, Varsity Girls, Varsity Boys)
800 M Relay (JH Girls, JH Boys, Varsity Girls, Varsity Boys)
1600 M Runs (JH Girls, JH Boys, Varsity Girls, Varsity Boys)
400 M Relay (JH Girls, JH Boys, Varsity Girls, Varsity Boys)
400 M Dash (JH Girls, JH Boys, Varsity Girls, Varsity Boys)
300 M Hurdles Girls Varsity
300 M Hurdles Boys Varsity
800 Meter Medley Relay (JH Girls, JH Boys)
1600 Meter Medley Relay Varsity Girls
1600 Meter Medley Relay Varsity Boys
800 M Runs (JH Girls, JH Boys, Varsity Girls, Varsity Boys)
HS Weight Persons 400 Relay (2 boys and 2 girls)
200 Meter Dash (JH Girls, JH Boys, Varsity Girls, Varsity Boys)
1600 M Relay (JH Girls, JH Boys, Varsity Girls, Varsity Boys)