

2026 NUMS Invitational

Schools

Buckeye Valley, Elgin, Fairbanks, Jonathan Alder, North Union, Pleasant, Ridgedale, Ridgemont,
River Valley, St. John Luthern

Schedule of Events

4:00 Coaches Meeting

4:30 Field Events: 2 athletes per event

Round 1

Girls Shot

Boys Disc

Girls High Jump

Boys & Girls Long Jump (1.5 hour open pit)

Girls Pole Vault

Round 2 - to start after Round 1

Boys Shot

Girls Disc

Boys High Jump

Boys Pole Vault

5:30 National Anthem and Begin Running Events

Events will follow a rolling schedule to keep the meet moving. All events will be girls first followed by boys.

3200 (4x800) meter relay

100 meter (30") hurdles – girls

110 meter high (33") hurdles – boys

100 meter dash

800 (4x200) meter relay

1600 meter run

400 (4x100) meter relay

400 meter dash

200 meter low (30") hurdles

800 meter run

200 meter dash

1600 (4 x 400) meter relay