



The Wood Lowcountry Invitational 2026

Meet Information

When: Saturday, March 7th, 2026

Where: Woodland High School Track
4128 US-78, Dorchester, SC 29437

Meet Director/Contact:

Sommer Knight Troutman (Head T&F Coach Woodland)

Email: sommertroutman@gmail.com

Additional:

- Team packets will be ready for pickup at the table labeled “Registration” starting at 7:30am.
- At least one coach from each participating team will need to volunteer to run a field event or exchange zone until all jobs are fulfilled. This is essential to ensure we stay on schedule and field events finish in a timely manner.
- All athletes and coaches will be given wristbands and be required to wear them for entry into the oval (included in team packets).
- Lunch will be provided for coaches (max 6 per team) and meet officials. We have a lunch break built into our meet schedule.
- All athletes entered in running events will be required to check in at the clerk/check-in tent located in front of the field house. Hip numbers will be given to all athletes competing in events 400m or longer in distance, and all relays.
- Check-in for field events is at event site, no later than 15 minutes prior to event start time, or by the time 3rd call has been made for that event.
- Medals will be awarded to 1st, 2nd, and 3rd place finishers for all events at the podium at centerfield. Boys and Girls team winners will be announced at the conclusion of the meet.
- Track events will run on the time schedule in the morning, but after the lunch break, if we get ahead of schedule, we will not slow the meet down. Field events that have already begun will continue through the lunch break.

Entries

The entry fee is \$75.00 for boys OR girls teams, \$125.00 for BOTH boys and girls teams. Make checks payable to Woodland High School.

All entry fees along with the Entry Notification Form located at the bottom of this page should be mailed to Woodland High School, C/O Sommer Knight Troutman at the above address.

All entry fees are due by Wednesday, March 4th, 2026, to reserve your teams place at the invitational. Online entries must be completed and received by Wednesday, March 4th, 2026 at 8pm. Failure to provide your entry fee will result in your teams' entries being deleted from the meet.

Please feel free to call or text Coach Troutman at (803) 496-8248 or email sommertroutman@gmail.com with any questions. We look forward to having your team compete at
The Wood Lowcountry Invitational.

-----DETACH AND SUBMIT WITH PAYMENT-----

The Wood LowCountry Track & Field Invitational Entry Notification

School: _____ Teams Competing: Boys ____ (Include \$75 entry fee)

Coaching Contact: _____ Girls ____ (Include \$75 entry fee)

E-mail or Phone: _____ Both ____ (Include \$125 entry fee)

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Meet Schedule

7:30am	Packet Pickup
8:30am	Officials Meeting
8:45am	Check-in for all track/field events beginning at 9:00am
9:00am	Girls 100 Meter Hurdles Trials (Heats)
Field Events	Girls Pole Vault, Girls Long Jump, Girls Javelin Boys High Jump, Boys Long Jump, Boys Shot Put
9:15am	Boys 110 Meter Hurdles Trials (Heats)
9:30am	Girls 100 Meter Dash Trials (Heats)
9:45am	Boys 100 Meter Dash Trials (Heats)
10:00am	Girls 4x800 Meter Relay (Sections)
10:30am	Boys 4x800 Meter Relay (Sections)
11:00am	Girls 4x100 Meter Relay (Section)
Field Events	Girls Discus Boys Javelin
11:20am	Boys 4x100 Meter Relay (Sections)
11:40am	Lunch Break (30 minutes)
12:10pm	Girls 100 Meter Hurdles Finals
12:15pm	Boys 110 Meter Hurdles Finals
12:20pm	Girls 100 Meter Dash Finals
12:25pm	Boys 100 Meter Dash Finals
12:30pm	Girls 1600 Meter Run (Sections)
Field Events	Boys Pole Vault
12:55pm	Boys 1600 Meter Run (Sections)
1:00pm	
Field Events	Girls Shot Put, Girls High Jump, Girls Triple Jump Boys Discus, Boys Triple Jump
1:20pm	Girls 400 Meter Dash (Sections)
1:45pm	Boys 400 Meter Dash (Sections)
2:20pm	Girls 400 Meter Hurdles (Sections)
2:50pm	Boys 400 Meter Hurdles (Sections)
3:15pm	Girls 800 Meter Run (Sections)
3:35pm	Boys 800 Meter Run (Sections)
4:00pm	Girls 200 Meter Dash (Sections)
4:20pm	Boys 200 Meter Dash (Sections)
4:40pm	Girls 3200 Meter Run (Sections)
5:10pm	Boys 3200 Meter Run (Sections)
5:35pm	Girls 4x400 Meter Relay (Sections)
5:45pm	Boys 4x400 Meter Relay (Sections)

