

2026 VMHS "Saddle Up" Invitational

#	Event	Level	Time	Heats	#	Event	Division	Time	Flights
1	Girl's 1600	Frosh/Soph	8:30 AM		41	Pole Vault	Frosh/Soph Girls	8:45 AM	
2	Boy's 1600	Frosh/Soph	8:45 AM		42	approx. starting heights F/S girls 6'6" F/S boys 7'6" Var girls 7' Var boys 9'	Var Girls	10:15 AM	
3	Girl's 400 Relay	Frosh/Soph	9:05 AM		43		Frosh/Soph Boys	12:30 PM	
4	Boy's 400 Relay	Frosh/Soph	9:10 AM		44		Var Boys	2:30 PM	
5	Girl's 400 Relay	Varsity	9:15 AM		45	High Jump	Frosh/Soph Boys	9:00 AM	
6	Boy's 400 Relay	Varsity	9:20 AM		46	approx. starting heights F/S girls 4'0" F/S boys 5'0" Var girls 4' 2" Var boys 5'4"	Var Boys	11:15 AM	
7	Girl's 1600	Varsity	9:45 AM		47		Frosh/Soph Girls	1:30 PM	
8	Boy's 1600	Varsity	10:10 AM		48		Var Girls	3:30 PM	
9	Girl's 100 Hurdles	Frosh/Soph	10:30 AM		49	Long Jump	Var Boys "Pit #1"	8:45 AM	
10	Girl's 100 Hurdles	Varsity	10:40 AM		50	three attempts per athlete, no finals	F/S Girls "Pit #2"	8:45 AM	
11	Boy's 110 Hurdles	Frosh/Soph	10:55 AM		51		F/S Boys "Pit #1"	11:00 AM	
12	Boy's 110 Hurdles	Varsity	11:00 AM		52		Var Girls "Pit #2"	11:00 AM	
13	Girl's 400	Frosh/Soph	11:15 AM		53	Triple Jump	F/S Girls "Pit #2"	1:00 PM	
14	Boy's 400	Frosh/Soph	11:30 AM		54	three attempts per athlete, no finals	Var Boys "Pit #1"	1:00 PM	
15	Girl's 400	Varsity	11:45 AM		55		Var Girls "Pit #2"	2:45 PM	
16	Boy's 400	Varsity	12:00 PM		56		F/S Boys "Pit #1"	2:45 PM	
17	Girl's 100- Press Box Side	Frosh/Soph	12:15 PM		57	Shot Put	Var Boys	8:45 AM	
19	Girl's 100- Finish Line Side	Varsity	12:15 PM		58	Varsity 4 Throws, F/S 3 Throws	Var Girls	11:00 AM	
18	Boy's 100 -Press Box Side	Frosh/Soph	12:30 PM		59		Frosh/Soph Boys	1:15 PM	
20	Boy's 100 -Finish Line Side	Varsity	12:30 PM		60		Frosh/Soph Girls	3:00 PM	
21	Girl's 800	Frosh/Soph	12:45 PM		61	Discus	Var Girls	8:45 AM	
22	Boy's 800	Frosh/Soph	1:00 PM		62	Varsity 4 Throws, F/S 3 Throws	Var Boys	11:00 AM	
23	Girl's 800	Varsity	1:15 PM		63		Frosh/Soph Girls	1:15 PM	
24	Boy's 800	Varsity	1:30 PM		64		Frosh/Soph Boys	3:00 PM	
25	Girl's 3200	Frosh/Soph	1:50 PM						
26	Boy's 3200	Frosh/Soph	2:10 PM						
27	Girl's 300 Low Hurdles	Frosh/Soph	2:30 PM						
28	Girl's 300 Low Hurdles	Varsity	2:40 PM						
29	Boy's 300 Int. Hurdles	Frosh/Soph	2:50 PM						
30	Boy's 300 Int Hurdles	Varsity	3:00 PM						
31	Girl's 200	Frosh/Soph	3:15 PM						
32	Boy's 200	Frosh/Soph	3:35 PM						
33	Girl's 200	Varsity	3:55 PM						
34	Boy's 200	Varsity	4:05 PM						
35	Girl's 3200	Varsity	4:25 PM						
36	Boy's 3200	Varsity	4:40 PM						
37	Girl's 1600 Relay	Frosh/Soph	4:55 PM						
38	Boy's 1600 Relay	Frosh/Soph	5:10 PM						
39	Girls' 1600 Relay	Varsity	5:25 PM						
40	Boy's 1600 Relay	Varsity	5:40 PM						

Revised 1/23/26