

Trego Golden Eagles Athletics

Trego Grade School

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Trego Community High School

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Unified School District #208

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To: Track Coaches & Athletic Directors

From: Pat Haxton – Track Coach & Jeremy Samson – Athletic Director

RE: Goldsmith Relays

Date - Thursday, May 1, 2025

Teams - Colby, Goodland, LaCrosse, Leoti, Norton, Oakley, Oberlin, Palco, Plainville, Thunder Ridge, Trego & Victoria

Starting Time- Coaches' meeting will begin at 3:00 p.m. in the shed south of grandstands. Field events will begin at 3:30 (4 throws & 4 jumps). Preliminaries will begin at 5:00. We will have a short break after preliminaries. Finals will begin at approximately 6:00.

Preliminaries- 100 M Hurdles, 110 M Hurdles, 100 M Dash, 200 M Dash

Finals qualifying procedures. (per KSHSAA Manual)

- 4 heats-- 4 heat winners and next 4 best times.
- 3 heats-- 1st and 2nd place from each heat and next 2 best times.
- 2 heats-- 1st and 2nd place from each heat and next 4 best times.

Awards - Medals for the top three finishers in individual events and the top three teams in relays.

Scoring - 10 – 8 – 6 – 4 – 2 - 1

Entries - Entries need to be made at [Trego Community - Goldsmith Relays 2025 - Meet Information](#) You may enter no more than three athletes per event. **Coaches have until May 1 at 9:00 a.m. to enter athletes. Please make any last minute changes online by May 1 at 9:00 a.m. No additions will be allowed at the meet.** Scratches can be made at the coaches' meeting or event. Pole vault verification weight sheets will be needed along with sportsmanship and legal uniform cards.

Entry Fee - \$150.00 per school.

Starter - Don Wiens will be the starter for the meet.

Concessions - We will have a concession stand provided. We will not have a hospitality room, but we will provide coupons for the concession stand for coaches and bus drivers.

Thanks, Jeremy Samson – A.D.

Superintendent

Matt Smith

msmith@tregoeagles.com

TCHS Principal

Shea Rothchild

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TCHS/TGS AD

Jeremy Samson

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Volleyball

Jami Albers

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Football

Pat Haxton

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Cross Country

Shea Rothchild

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Girls Tennis

Lori Dietz

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Boys Basketball

Zach McNall

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Girls Basketball

Lance Ziegler

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Wrestling

Michael Malay

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Boys/Girls Track

Pat Haxton

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Boys Golf

Darin Keyser

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Boys Tennis

Amelia Dirks

adirks@tregoeagles.com

Order of Events
Field Events to Begin at 3:30 p.m.

Long Jump	Boys Long Jump followed by Girls Long Jump West Runway
Triple Jump	Girls Triple Jump followed by Boys Triple Jump East Runway
Pole Vault	Girls start 7' followed by Boys start 9'
Discus	Girls Fairgrounds North Area
	Boys Fairgrounds South Area
Javelin	Girls East runway on Fairgrounds
	Boys West runway on Fairgrounds
High Jump	Girls start 4'4" at East Area
	Boys start 5'0" at West Area
Shot Put	Boys Fairgrounds South Area
	Girls Fairgrounds North Area

Running Event Preliminaries to Begin at 5:00 p.m.

Girls' 100 M Hurdles
Boys' 110 M Hurdles
Girls' 100 M Dash
Boys' 100 M Dash
Girls' 200 M Dash
Boys' 200 M Dash

Running Event Finals to Begin at Approximately 6:00 p.m.

Girls' 3200 M Relay
Boys' 3200 M Relay
Girls' 100 M Hurdles
Boys' 110 M Hurdles
Girls' 100 M Dash
Boys' 100 M Dash
Girls' 1600 M Run
Boys' 1600 M Run
Girls' 400 M Relay
Boys' 400 M Relay
Girls' 400 M Dash
Boys' 400 M Dash
Girls' 300 M Hurdles
Boys' 300 M Hurdles
Girls' 800 M Run
Boys' 800 M Run
Girls' 200 M Dash
Boys' 200 M Dash
Girls' 3200 M Run
Boys' 3200 M Run
Girls' 1600 M Relay
Boys' 1600 M Relay