

14th ANNUAL JH REBEL RELAYS MARCH 30, 2026 2:00 PM

Thank you for coming to the South Gray JH Rebel Relays. We have put the meet on ksmilesplit.com You will be able to enter your athletes there. Please have them entered by **Sunday, March 30, 1:00pm.** Below I have listed some things that will answer most of your questions, but if you have any concerns please give me a call.

GENERAL INFORMATION:

1. Electronic entries on ksmilesplit.com are due Sunday March 23, 1:00pm. Here is the link [South Gray MS - Rebel Relays 2026 - Meet Information](#) You will be able to make changes at the scratch meeting. Please try to make them by cut off date. With this being the first track meet of the year we will allow you to make additions also (please keep this to a minimum). The 7th and 8th grade will be combined. The 6th grade will have their own division. Please be sure to get the 6th grade in the correct division.
2. The entry fee is \$130.00 per school. Please make checks payable to SGJH USD 476
3. 1:30 PM - Coaches Meeting,
Changes in the running events will be made at this time. Coaches will be able to scratch and substitute. You will also be able to make additions (please limit this to just a few). You can make any changes up to 9:00 am on line the day of the meet. The less changes we have at the coaches meeting, the better it is.
2:00 PM - Start Meet (all field events)
2:30 PM - 3200 M Run Girls followed by Boys (these athletes will not be able to be in the HJ or PV)
4:00 PM - Finals running events. We want to try to get the field events finished first.
4. Points will be scored 10-8-6-4-2-1. Medals will be given to the first six (6) places.
5. Every event is a final. Field events will only have THREE attempts (except for PV & HJ).
6. Pole Vault forms are to be submitted at the coaches meeting.
7. Please bring your own equipment such as discus, vaulting poles ect... South Gray will provide the starting blocks.
8. All participants are allowed to enter a maximum of four(4) events
9. **Each school may enter a maximum of FIVE (5) contestants in each event, and only ONE (1) team in each relay.**
10. Please have your athletes dress in track uniforms before coming.
11. There will be a concession stand available.
12. A meal will be provided for all coaches, administrators, bus drivers, and workers.
13. Park your busses in the parking lot south of the track, in the gravel area south of the track, park your suburbans.

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