

Mar 3, 2026

Dear Coach:

Here is the information regarding the Tribune – Greeley County Junior High School Track and Field Invitational held on Friday, April 10th, 2026. The field events will start at 8:30 am MT/9:30 am CT and the running events will begin at 10:00 am MT/11:00 am CT with the 3200 m run. Medals will be presented to the top 5 places in the 7th (6th graders will compete with the 7th graders) and top 3 in the 8th grade divisions, both boys and girls. The entry fee for the meet is \$60 per team per division (7th grade girls division, 7th grade boys division, 8th grade girls division, 8th grade boys division) or \$12 per individual if less than 5 individuals per division.

The field events that will be held at the meet include; Shot Put, Discus, **Javelin - 600 g javelin**, Long Jump, Triple Jump, High Jump, and Pole Vault for both boys and girls. On the track we will run; 100 m Hurdles, 200 m Hurdles, 100 m Dash, 200 m Dash, 400 m Dash, 800 m Run, 1600 m Run, and 3200 m Run. The relays will consist of: 4 x 100 m, 4 x 200 m, 4 x 400 m, and 800m Medley (100, 100, 200, 400) for boys and girls. The relay teams will NOT be separated by grade level, but everything else will. The relay teams can consist of 6th, 7th and/or 8th graders, but the points scored will go towards the 8th grade division. The top 5 relay teams will medal.

OTHER INFORMATION:

1. Scratch meeting in the white building at the southeast corner of the track at 8:00 am MT. SUBSTITUTIONS ONLY, NO ADDITIONS!!!
2. Four entries per individual event per school. Only 1 relay.
3. All running events will be against time. Please list times for running events if possible.
4. **Each competitor will have 3 attempts in the field events.** We will measure each legal attempt in the field events.
5. High jump and pole vault have priority over all other field events. Running events have priority over all field events, but I hope we are done with the field events before the running events start.
6. KSHSAA guidelines will be followed, no-false start, proper dress (school issued uniforms). **The KSHSAA guidelines** only allows each athlete to compete in 4 events and athletes are limited to no more than two races of 800 meters or more.
7. Come ready to compete.
8. Concession stands will be available.
9. Starting blocks will be provided.

10. PLEASE, no portable stereos, footballs, Frisbees, etc, on the infield during the meet. Also, have your team pick up the trash around their campsite before leaving, as we will be hosting a HS meet following the JH meet
11. Bus parking on the west side of the track.
12. We now have a rubberized track and rubberized runways, please use ¼” spikes or shorter. Discus and shot put rings are cement. Javelin approaches are grass.
13. We will be using a FAT (Fully Automatic Timing) system to time the races on the track. Please keep your athletes away from the finish line unless they are competing.

I have included instructions on how to make your entries on-line at the website:

[Greeley County JH Invitational 2026 - Meet Information](#)

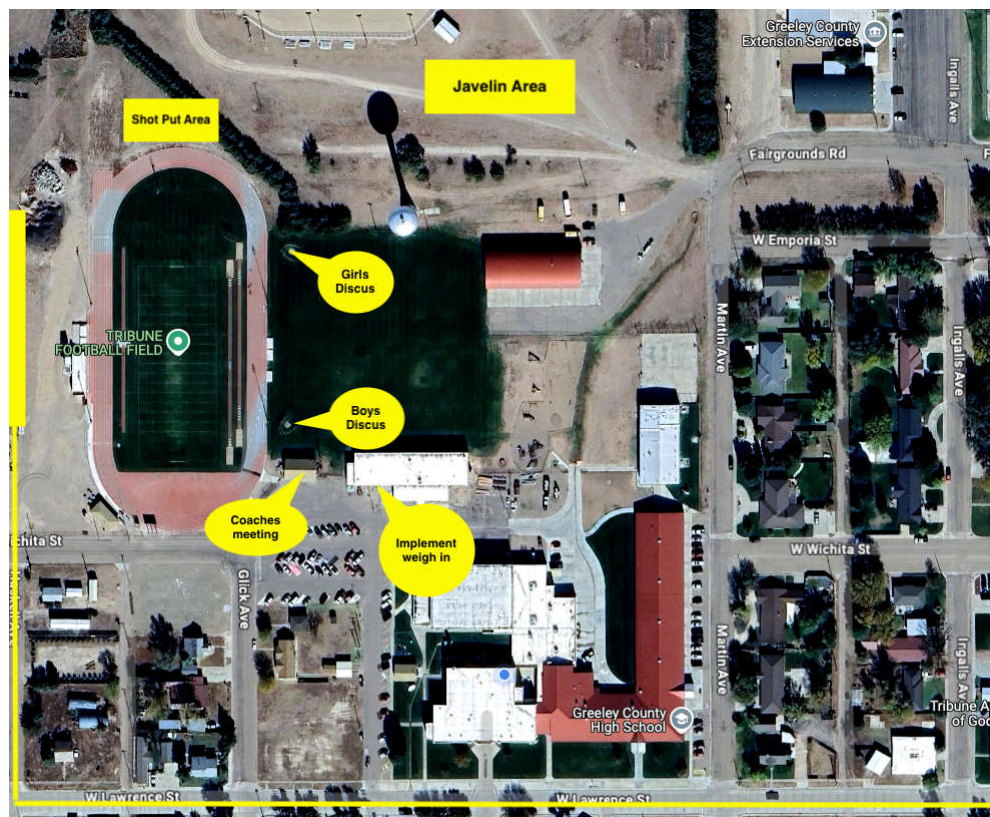
Entries will close on the web site at 6:00 pm MT/7:00 pm CT, Thursday, April 9, 2026.

Thank you

Greg Cook, AD

Email: gregcook@tribuneschools.org

If you need to get a hold of me, the best way is to send me an e-mail or call me at: 620-376-8012.



Schedule of Events
Tribune Jr. High Track Meet

Field Events Will Start at 8:30 AM MT.
Running Events Will Start at 10:00 AM MT.

South Discus Cage

6th/7th boys
8th boys

North Discus Cage

8th girls
6th/7th girls

West High Jump Pit

8th girls
6th/7th girls

East Shot Put

6th/7th girls (6 lb. shot)
8th girls (6 lb. shot)

West Shot Put

8th boys (4K shot)
6th/7th boys (4K shot)

East High Jump Pit

6th/7th boys
8th boys

Long Jump Runway

South Pit

8th boys Long Jump
6th/7th boys Long Jump

North Pit

6th/7th girls Long Jump
8th girls Long Jump

North of Water Tower

East Javelin

6th/7th girls
8th girls

Triple Jump Runway

South Pit

6th/7th boys Triple Jump
8th boys Triple Jump

North Pit

8th girls Triple Jump
6th/7th girls Triple Jump

North of Water Tower

West Javelin

6th/7th boys
8th boys

Pole Vault – West side of football field

All Girls followed by All Boys

Running Events – (Races will be run 6th/7th girls, 6th/7th boys, 8th girls, then 8th boys)

3200 m run@10:00 am MT or when HJ is over. **May combine some divisions.**

800 m medley relay (100-100-200-400)

100 m hurdles – will run 7th girls; 8th girls (30") 7th boys; 8th boys (33")

100 m dash

1600 m run - **May combine some divisions.**

4x100 m relay

400 m dash

4x200 m relay

800 m run

200 m hurdles 30" (200 m start line hurdles on the 300 m hurdle markings – 5 hurdles)

200 m dash

4x400 m relay