

Elkhart High School

PO Box 999
Elkhart, Kansas 67950

50th Annual Glenn Cunningham Relays Thursday, April 16th, 2026

Starting Time: Coaches Meeting: 2:15 pm Field Events: 3:00 pm Running Events: 4:30 pm

Entries: Entries are due by **Thursday, April 16th by 10AM.** Please use milesplit.com to enter your athletes.

Link - <https://ks.milesplit.com/meets/725717-elkhart-glenn-cunningham-relays-2026>

3 Contestants per event and 1 relay team. **Throwers 4x100m Relay is Co-Ed.**

Runners will be preheated so please list your **fastest runner first** and provide times.

Scratches and substitutions will be made prior to the coaches meeting. **NO ADDITIONS**

Running events will take priority over field events. High Jump will take priority over all other field events.

Field Events: 4 Throws in Shot Put, Discus and Javelin. All Finals

4 Jumps in Long Jump and Triple Jump. All Finals

3 Attempts per height in High Jump.

Scoring and Medals: Individual medals will be awarded for 1st through 3rd place

Relay medals will be awarded for 1st through 3rd place.

Girls Team Plaques will be awarded for 1st

Boys Team Plaques will be awarded for 1st

Points will be awarded to the top 6 places: 10-8-6-4-2-1

Entry Fee: \$175.00 per school

Hospitality Room: We will have a hospitality room for coaches, administrators, bus drivers and workers in the high school gym.

Surfaces: Track and Jumping surfaces are rubber. ¼ inch spikes or less are required. Shot Put and Discus rings are concrete. The Javelin runway is grass. Please plan accordingly.

Bus Parking: Buses will park in the parking lot on the west side of the football field.

Concessions: Will have full concession at football field

Reminders: Sportsmanship and Legal Uniform Cards will be submitted at the coaches meeting. **Please remember to Fax and bring Pole Vault Verification forms.**

The football field is for coaches and athletes only. Athletes may warm up but No Team Camps will be allowed.

Teams Attending: Ulysses, Elkhart, Liberal, Hugoton, Sublette, Lakin, Goodwell (OK)

If you have any questions, please contact Cole Parks (A.D.) or John Sheridan (Head Track Coach)

School Number: 620-697-2195

School Fax: 620-697-2607

A.D. Cell Number: 620-518-0681

Head Coach Cell Number: 918-906-5754

ORDER OF EVENTS:

3:00

FIELD EVENTS

High Jump (Girls than Boys)

Long Jump (Boys Middle Pit) (Girls West Pit)

Triple Jump (East Pit) (Cafeteria Style)

Discus (Boys North Ring) (Girls South Ring)

Shot Put (Boys North Ring) (Girls South Ring)

Javelin (Boys than Girls)

Pole Vault (Girls than Boys) NO POLE VAULT THIS YEAR 2026

4:30

RUNNING EVENTS

-Girls 4x800 Meter Relay

Boys 4x800 Meter Relay

-Girls 100 Meter Hurdles

Boys 110 Meter Hurdles

-Girls 100 Meter Dash

Boys 100 Meter Dash

-Girls 1600 Meter Run

Boys 1600 Meter Run

-Girls 4x100 Meter Relay

Boys 4x100 Meter Relay

-Girls 400 Meter Dash

Boys 400 Meter Dash

-Girls 300 Meter Hurdles

Boys 300 Meter Hurdles

-Girls 800 Meter Run

Boys 800 Meter Run

-Girls 200 Meter Dash

Boys 200 Meter Dash

-Girls 3200 Meter Run

Boys 3200 Meter Run

-Girls 4x400 Meter Relay

Boys 4x400 Meter Relay