

Dighton High School

Cyrus Haynes, Athletic Director

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TO: Track Coaches

FROM: Cyrus Haynes AD

RE: Dighton HS Invitational Track Meet

WHEN: May 8, 2026

Coaches Meeting 2:15 PM (Commons Area)

Field Events 3:00 PM (CST)

ENTRY \$75.00/ TEAM, \$150.00 TOTAL or \$10 For Individuals

AWARDS Medals for 1-3 places

SCORING The meet will be scored 10-8-6-4-2-1 for Individual events and relays.

TEAMS ATTENDING:

Dighton, Ellis, Golden Plains, Greeley County, Hill City, Hodgeman County, Hoxie, Ingalls, La Crosse, Logan, Ness City, Pawnee Heights, Quinter, South Gray, Spearville, Wallace County, Weskan, Western Plains, Wheatland-Grinnell, Wichita County, Winona-Triplains

ORDER OF EVENTS

HIGH SCHOOL - Field Events – 3:00 PM (CST) (Four attempts)

Pole Vault	Girls followed by Boys
High Jump	Boys followed by Girls
Long Jump/Triple Jump	Girls South Pit, Boys North Pit (Long Jump followed by Triple Jump)
Javelin	Girls-West Area, Boys- East Area (½ block SE of the Track)
Discus	Girls-West Ring, Boys East Ring (½ block SE of the Track)
Shot Put	Boys West Ring, Girls East Ring (North of the Track)

HIGH SCHOOL -Track Events - Approximately 5:00 PM (CST) or after field events are completed.

4 x 800 meter relay

100 meter high hurdles

110 meter high hurdles

100 meter dash

1600 meter run

4 x 100 meter relay

*4 x 100 throwers relay

400 meter dash

300 meter low hurdles (girls)

300 meter intermediate hurdles (boys)

800 meter run

200 meter dash

3200 Meter

4 x 400 meter relay

Dighton HS Invitational Track Meet

Friday, May 8, 2026

Track Coaches and Athletic Directors:

Enclosed is the schedule for the Dighton HS Invitational Track Meet. Other information concerning the meet is listed below.

1. The **field events will begin at 3:00 PM**. Field event participants are to report to the event area.
2. **Coaches meeting (2:15 P.M. CST High School). Please, NO additions-scratches and substitutions only. Coaches meeting will be in the High School Commons Area.**
3. Remember, a participant can only be in four events in total.
4. **Schools may enter 3 entrants per event and 1 relay team per relay.**
5. Medals will be awarded to the top three places in all individual events, and the top three places in all relays. Individual scoring for the meet will be 10-8-6-4-2-1 and 10-8-6-4-2-1 for relays.
6. Opening heights for High Jump and Pole Vault will be determined at the coaches meeting.
7. **Entry fees: \$75.00 boys team and \$75.00 girls team. If less than 10 athletes, it is \$10 per athlete.**
8. There will be 2 divisions. (Boys and Girls).
9. Entries will be submitted online at the website: ks.milesplit.com **Entry deadline is 6:00 PM on May 7th.** Please have all your entries submitted at that time. Scratches and substitutions will be allowed before the meet.
10. Throwers Relay:

Anyone on this relay cannot be entered in any other running events. This relay will not count as points and no medals will be given. (The winner will get a prize!) There will be a boys and girls throwers relay.
11. Each competitor will have **4 attempts in the field events. (Except high jump and pole vault).**

12. We will have a hospitality room. Only coaches, administrators, workers and bus drivers are allowed. It is located in the school in our FACS room.

13. Restrooms located inside the school on the west side of the track behind the bleachers. Please inform your athletes to not wear their spikes inside the school.

14. Visitor parking is located anywhere around the track. Buses can park at the fire station (1 block east of the track. Park towards the south of the lot. Don't block Fire Station Doors.) *If not enough space is available, then you can park at our baseball diamonds to the south.*

15. Medals will be ready in the weight room at the conclusion of the meet.

