

## **Dighton High School**

**Cyrus Haynes, Athletic Director**

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**TO:** Track Coaches

**FROM:** Cyrus Haynes AD

**RE:** Dighton JH Invitational Track Meet

**WHEN:** May 8, 2026

Coaches Meeting 9:00 AM (Commons Area)

Field Events 9:30 AM (CST)

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

**AWARDS** Ribbons for 1-3 places

**SCORING** 10-8-6-4-2-1 for Individual events and relays.

### **TEAMS ATTENDING:**

Dighton, Greeley County, Ness City, Northern Valley, Quinter, Scott City JV, South Gray, Wallace County, Weskan, Western Plains, Winona-Triplains

## ORDER OF EVENTS

### **Junior High - Field Events – 9:30 AM (CDT) (Four attempts, NO FINALS)**

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)

**\*The 3200 Meter will be at 10:30 AM. Boys and Girls will run together if numbers are low.**

### **Junior High -Track Events - Approximately 11:30 AM or when field events are completed.**

100 Meter Hurdles (Girls 30” Boys 33”)

100 Meter Dash

1600 Meter Run

4 x 100 Meter Relay

400 Meter Dash

4 x 200 Meter Relay

200 Meter Hurdles (30”)

800 Meter Run

200 Meter Dash

4 x 400 Meter Relay

## **Dighton JH Invitational Track Meet**

**Friday, May 8, 2026**

### **Track Coaches and Athletic Directors:**

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

1. The **field events will begin at 9:30 AM**. Field event participants are to report to the event area.  
**\*Javelin will be offered at our JH meet again this year (600 g).**

2. **Coaches meeting (9:00 A.M. CST Junior High) 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 UNLIMITED entrants per event. You may enter 2 relays, but only 1 can score and medal.

5. Ribbons will be awarded to the top three places in all individual events, and the top three places in all relays. Scoring will be 10-8-6-4-2-1 for individual events and 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 or \$10 per individual.**

8. **There will be 2 divisions for the Junior High Meet (Boys and Girls).**

9. Entries will be submitted online at the website: [ks.milesplit.com](http://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. **Each competitor will have 4 attempts in the field events. (Except high jump and pole vault).**

11. **There will be a hospitality room inside the school in the FACS room. Only coaches, administrators, workers and bus drivers are allowed.**

12. Restrooms are located inside the school on the west side of the track behind the bleachers. Please inform your athletes that there are no spikes allowed inside the school.

13. Visitor parking is located anywhere around the track. Buses can park at the fire station (1 block east of the field. Blue shed. Park towards the south end of the lot)

14. Medals will be ready at the conclusion of the meet.

