

NWKL Jr. High TRACK MEET

Thursday, May 14th, 2026

(Bad Weather Date is Friday, May 15th, 2026)

To: Athletic Directors and girls and boys track coaches

Teams: Oberlin, St. Francis, Wallace Co., Rawlins Co., Dighton, Quinter, and Greeley Co.

The NWKL Jr. High Track Meet will be held on Thursday, May 14th, starting at 9:30 a.m. The coaches' meeting for scratches, changes, and announcements will be held in the DCHS cafeteria at 8:45, please be on time. **Please enter your athletes using the following link no later than Wednesday, May 13th by 7:00pm:**

<https://ks.milesplit.com/meets/725743-northwest-kansas-league-jh-2026>

Each school may enter three 8th grade athletes in each event, and 5 6th/7th athletes in each event. Athletes will be limited to no more than 2 races of 800m or more (400m or more for 6th graders.) 6th graders are not allowed to run the 3200m. 8th grade is limited to one relay team, 6th/7th grade may enter two relay teams with only one scoring. All events will be run as finals with each athlete in field events making THREE attempts. High jump and pole vault will follow the normal elimination format.

The following may be helpful in planning for the meet:

I. Time Schedule-

A. **8:45 am – Coaches meeting in the DCHS cafeteria.**

B. **9:30 am** – Field events begin. (see enclosed schedule)

C. **10:30 am (3200m)/ 11:30** – Running events begin. (see enclosed schedule)

II. Awards & Information-

A. There will be a 1st place NWKL bar awarded to each division

Medals will be awarded to the top 4 finishers in each event. NWKL medals will be awarded to top 4 places in relays

B. No Entry Fee

C. Restrooms: located under the grandstand.

D. Scoring: individual events-10-8-6-4-2-1

E. Shot and discus areas are concrete

F. The surface and runways are rubberized

G. Please instruct your athletes to pick up their camp areas at the completion of the meet.

H. No discus or shot puts are allowed on the infield.

I. Concessions: East of the stadium

J. Hospitality will be in the cafeteria

K. Bus Parking: Please drop kids off at the stadium, and have your buses park in the gravel parking lot on the SE side of the high school.

L. Shot put and discus information: The shot put and discus competitions will be held on the fields East of the stadium. The circles are concrete surfaced.

i. Girls shot-North ring

ii. Boys shot-South ring

iii. Girls discus-West cage

iv. Boys discus-East cage

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Order of Events

All field events begin at 9:30.

Long Jump: South of the visitor Grandstands
Girls-South Pit (Quinter)
Boys-North Pit (Greeley)

Triple Jump: Use the same pits as above after the completion of long jump.

Pole Vault: Southwest corner of track (Oberlin)
Girls followed by boys

High Jump: Southwest corner field, behind pole vault (Oberlin)
Boys followed by girls

Shot Put: East of stadium
Girls-North ring (Atwood)
Boys-South ring (Wallace)

Discus: East of football field
Girls-West cage (St. Francis)
Boys-East cage (Dighton)

Javelin: East of the discus rings (Oberlin)

Running Events Order: – No Prelims, all run as finals

3200m -Girls followed by boys- **Starts at 10:30 am**

All other running events will begin at 11:30 am: 6th/7th Grade Girls, 8th Girls, 6th/7th boys, 8th boys (all girls will run before boys)

100m Hurdles
100m
1600m
4 x 100m Relays
400m
4 x 200m Relays
200m Hurdles
800m
200m
4 x 400 Relays

*100m hurdles are ten 30" hurdles for girls and 33" for the boys

All KSHSAA guidelines will be followed.

Appeals Committee: Deone Horinek, Greg Cook, John Crist

Please have your athletes entered by 7:00pm, Wednesday, May 13th. Please communicate any changes or scratches asap. bgehring@usd294.org fax:785-475-2802