

St. Francis Jr. High School 56th Annual Invitational Track Meet
April 21, 2026 - 2:00 p.m. CT

Starter: Devin Dinkel

Teams attending: Atwood, Brewster, Cheylin, Idalia, Oberlin, Sharon Springs, St. Francis, Triplains, Weskan, Wray and Goodland.

Entry Fee: \$125 per school. If a team has fewer than 8 athletes then it is \$8 per athlete.

Divisions: 2 Divisions--Jr. High Boys and Jr. High Girls

Entries: <https://ks.milesplit.com/meets/738854-st-francis-jh-invitational-2026>

No entries after April 21st @ 9:00 AM, please.

The meet is now listed, and entries may begin at any time.
Each participant may enter a maximum of 4 events
Each team may enter as many as 4 contestants in each event and 1 team in each relay. Athletes will be limited to no more than 2 races of 800 m or more.

Scoring: 10-8-6-4-2-1 in individual events
10-8-6-4-2-1 in relays (by National Federation rules)

Awards: 1st Place Plaque in each division.
Ribbons through 5 places in all individual events.
Ribbons through 3 places in relays.

Local Information: Park buses at south end of track.
Have squad dressed in competition uniforms upon arrival. No larger than ¼" needle spikes; no pyramid spikes please.
Starting blocks will be provided.
Keep field-event implements off the football field.

The Hospitality Room will not be available. We will give each coach/bus driver a \$7 voucher for our concession stand.

Schedule and Order of Events on Next Page:

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April 21, 2026, 2:00 p.m. CT

°COACHES MEETING IN THE WEIGHT ROOM STARTING AT 1:15 p.m. CT
(Scratches only - no additions, please)

°ORDER OF FIELD EVENTS (all events begin at 2:00 p.m. CT):
(3 attempts, no finals. HJ & PV 3 attempts at each height until a height is missed.)

Shot <i>West Ring</i> <i>Girls</i>	Shot <i>East Ring</i> <i>Boys</i>	Discus <i>West Ring</i> <i>Girls</i>	Discus <i>East Ring</i> <i>Boys</i>
Long Jump <i>South Runway</i> <i>Girls</i> <i>Boys</i>	Triple Jump <i>North Runway</i> <i>Boys</i> <i>Girls</i>	High Jump*** (starting heights tbd) <i>Boys 4'</i> <i>Girls 3' 10"</i>	Pole Vault <i>Girls 5'6"</i> <i>Boys 6'</i>

Javelin: Boys-Girls (8th grade only)

****** Please remind those athletes in the high jump or pole vault to report there first, and then finish their other field events.***

°ORDER OF RUNNING EVENTS:

3:15 p.m.--3200 m run Girls & Boys together, if possible.

Other Running Events start at 3:30 p.m. or after completion of the 3200 —Girls, then Boys in All Events

100 m hurdles*
100 m dash
1600 m run
4 x 100 m relay
400 m dash
4 x 200 m relay
200 m 30" hurdles *(last 5 hurdles of the HS 300 m hurdles)*
800 m run
200 m dash
4 x 400 m relay

**100 m hurdles are ten 30" hurdles with 13 m to the first hurdle, 8.5 m between hurdles, and 10.5 m to the finish line. Boys' 100 m hurdles are set at 33".*

Questions before or during the meet please contact Holly Hingst, St. Francis Athletic Director, 785-772-5145 or at hhingst@usd297.org. We look forward to having you!