



Jackson Heights MS Invitational Track Meet

May 4, 2026 @ 2:00 pm

- CONTACT:** AD - Brad Alley brad.alley@jhcobras.net
Head Coach - Travis Henry travis.henry@jhcobras.net
HS Phone: 785-364-2195 HS Fax: 785-364-2487
- PARTICIPANTS:** Everest, Troy, Holton, Jeff North, Valley Falls, ACCMS, Jackson Heights, Sabetha, Kickapoo, Xavier
- ENTRY FEE:** The entry fee is \$200 per school.
- START TIMES:** 1:15 pm - Coaches Meeting - Lower level of the press box
2:00 pm - Field Events - FINALS ONLY - 3 attempts
4:00 pm - Running Events - FINALS ONLY
- SCORING:** Individuals: 10, 8, 6, 4, 2, 1 Relays: 10, 8, 6, 4, 2, 1
- TRACK:** Rubberized 6-lane track and runways. Please wear ¼ inch spikes or shorter.
- THROWING:** Our shot put and discus rings are cement.
- ENTRIES:** Each school is limited to 3 entries in any open event and 1 team per relay. We have hired Midwest Timing to run our meet. They use MileSplit for their entries.
- AWARDS:** Medals will be given to the top 3 places in each event.
- HOSPITALITY:** Each coach and bus driver will get a meal ticket for our concessions stand.
- PARKING:** Please park buses in the parking area just north of the football stadium.
- RESTROOMS:** Locker rooms and showers will not be available. Restrooms are located on the west side of the school - across from the press box.

ALL TEAM CAMPS MUST BE ON THE OUTSIDE OF THE TRACK

ORDER OF EVENTS

FIELD EVENTS: 2:00 pm

Discus: Girls West Ring, Boys East Ring - 7th followed by 8th
Shot put: Girls South Ring, Boys North Ring - 8th followed by 7th
Long jump: Girls- North Pit Boys- South Pit - 7th followed by 8th
Triple jump: Starts at the conclusion of Long Jump, same pits & order
High jump: 8th Boys, 8th Girls, 7th Boys, 7th Girls

RUNNING EVENTS: 4:00 pm

Order of Running Events: 7th Girls - 8th Girls - 7th Boys - 8th Boys

3200M (2 races - 7th Boys/Girls followed by 8th Boys/Girls)
100M Hurdles
100M Dash
1600M Run
4 X 100M Relay
400M Dash
200M Hurdles
4 X 200M Relay
800M Run
200M Dash
4 X 400M Relay