

KSK Invitational – Meet Information & Rules

GOVERNING RULES

This meet will be conducted in accordance with the **2026 NFHS Track & Field and Cross Country Rules Book**.

PARTICIPATION

- Athletes are limited to **four (4) events per individual**
- Due to limited opportunities this season, **2025 and 2026 high school marks** will be accepted for entry
- Each school may enter **unlimited athletes per event**
- Entry into an event constitutes participation (except relays, where actual competition counts)

Warm-Up & Infield Expectations

- Warm-ups are restricted to the **infield or designated event areas only**
- Athletes not actively warming up should remain **off the infield**
- Failure to follow this may result in **disqualification**
- Coaches must remain in designated **coaching box areas**

Uniforms

- Athletes must wear **school-issued or school-approved uniforms**
 - Uniforms should include **school identification** and be worn as intended
 - Throwers may wear alternate school-approved uniforms
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ENTRY DEADLINE & SCRATCH POLICY

- **Entries due:** Tuesday, April 7, 2026 @ 10:00 PM (Athletic.net)
- **Scratch window closes:** Thursday, April 9, 2026 @ 12:00 AM
- **Final seeds/lane assignments released:** Friday, April 10, 2026

After the scratch window:

- We will **do our best** to fill open lanes/entries with alternates
- **No lane changes** will be made once the meet begins

ENTRY LIMITS

- **Top 40** – Lane events (5 heats)
- **Top 16** – Relays (2 heats)
- **Top 24** – Non-laned events
 - 1500m: 2 heats (waterfall start)
 - 800m: 2 heats (alley start)
 - 3000m: 1 heat (alley start)
- **Top 32** – Field Events
- Heats will run **slowest to fastest**
- **Girls first, then boys**
- Fastest seeded athletes will compete in the **final heat**

REPORTING PROCEDURES

- **First call:** 20 minutes prior
- **Final call:** 10 minutes prior
- Athletes must check in by **final call** or will be scratched
- Field event athletes report **directly to their event**

SCORING & COMPETITION FORMAT

- **Running events:** Timed finals (places determined by time)
- **Field events:**
 - 3 attempts for all competitors (except HJ & PV)
 - Top 8 receive **1 additional attempt** (worst to best order)
 - We will be utilizing a “**No Mark**” distance, TBD by meet officials
 - HJ and PV starting heights and height progressions TBD by meet officials

GENERAL INFORMATION & REMINDERS

- **Team tents only** allowed around the track (details to follow)
- Teams may bring their own **starting blocks** (host will also provide)
- **¼ inch pyramid spikes or smaller only**
- Only approved track shoes or flats allowed on the track surface

Please help us keep the facility clean—make sure your team area is picked up before leaving.