



LYONS HIGH SCHOOL

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The Wheaton Relays will be held Friday, April 10th beginning at 3:30 p.m. Participating schools are: **Central Plains, Chase, Larned, Little River, Macksville, Moundridge, Russell, St. John and Lyons.**

ENTRIES, SCRATCHES & SUBSTITUTIONS

This year, all entries will need to be made through **Mile Split**. Invites will be sent out on Friday, April 4th. The window for entries will be open from April 4th until 5:00 pm April 9th. **NO NEW ENTRIES THE DAY OF THE MEET – ONLY SCRATCHES OR SUBSTITUTIONS WILL BE ALLOWED.** Because of the increased number of teams this year each team is allowed **three** entries in the field events and **three** in the individual track events with only **1 relay** team per school. Heats, if necessary, will be run against time with the fastest runners running together. **NO PRELIMS!!!!**

- **LINK FOR ENTRIES** <https://ks.milesplit.com/meets/742089/registration>

COACHES MEETING

A coaches meeting will be held at 3:00 p.m. under the picnic area west of the home bleachers. Scratches and substitutions will be handled at this time. Please remember to bring your ***Pole Vault verification forms*** with you to this meeting.

SCORING & MEDALS

Scoring for this meet will be 10-8-6-4-2-1 in both individual events and in the relays. Medals will be awarded for the first 6 places in all individual events and the first 3 places in the relays.

THROWING EVENTS, LONG JUMP & TRIPLE JUMP

Athletes will be given 4 throws in the Shot Put, Discus, and Javelin. We will run the javelin cafeteria style. 4 jumps will be allowed in the Long Jump and Triple Jump.

SPIKES & THROWING IMPLEMENTS

We have a rubberized surface. Only 1/8" pin or pyramid spikes or less are to be used on the track and runways. We will furnish starting blocks. Please remind your teams that **NO THROWING IMPLEMENTS WILL BE ALLOWED INSIDE THE FENCED AREA OF THE TRACK.** Please inform your athletes not to bring Frisbees, balls, etc..., or loud radios. Please come dressed, as dressing facilities will not be available.

TEAM CAMPS

Team camps can be set up along the south and west sides of the track outside the fence. Please avoid setting up camp too close to triple jump pits or on the southeast side of the field.

TEAM PACKETS & RESULTS

Medals will be placed in team packets in the press box and can be picked up following the meet. Results will be ready shortly after the conclusion of the meet.

If you have any questions please call or text me at 620-680-1301 or e-mail me at brogers@usd405.com. We look forward to seeing you on the 10th of April.

Brandt Rogers

Lyons HS A.D.

FIELD EVENTS

3:30 p.m. Girls Long Jump
 Girls Shot Put
 Girls Javelin
 Boys Pole Vault
 Girls Discus
 Boys High Jump
 Boys Triple Jump
 Boys Shot Put
 Boys Discus
 Girls High Jump

4:30 p.m.

 Boys Javelin
 Girls Pole Vault
 Girls Triple Jump
 Boys Long Jump

RUNNING EVENTS – 6:00 p.m.

Girls 4 x 800m Relay
 Boys 4 x 800m Relay
 Girls 100m Hurdles
 Boys 110m High Hurdles
 Girls 100m Dash
 Boys 100m Dash
 Girls 1600m Run
 Boys 1600m Run
 Girls 4 x 100m Relay
 Boys 4 x 100m Relay
 Girls 400m Dash
 Boys 400m Dash
 Girls 300m Hurdles
 Boys 300m Hurdles
 Girls 800m Run
 Boys 800m Run
 Girls 200m Dash
 Boys 200m Dash
 Girls 3200M Run
 Boys 3200M Run
 Girls 4 x 400m Relay
 Boys 4 x 400m Relay