EXCELSIOR SPRINGS HIGH SCHOOL

TIGER TRACK + FIELD 2026



92Hwy Meet



Thursday April 16, 2026

Welcome to the 2026 ESHS "Highway 92" Track Meet!

We will be using the online entry format for this meet. Go to athletic.net to make the entries. Please have your entries submitted by *5:00 pm on Wednesday, April 15, 2026.*

There will be a short coaches meeting at 3:15 in the press box. We will start the Javelin as soon as possible (3:30 at the latest). Javelin will be on the south end practice field across from the discus. All other Field events will start at 4:00 pm with running events beginning at 4:30. I am trying to cover all events but in case we do not have enough help I may need some help running off a field event.

This meet is a non-medal meet with unlimited entries (JV/V combined) and up to 2 relays. If there are a ton of entries we may go to 3 throws/jumps for field events to be decided at the scratch meeting. No more than 4 events per athlete!

If you have any questions or concerns, please contact me.

CALL (816) 630 – 9210 (ES High School)

EMAIL jalbertson@ga.essd40.com or text: (816) 820-1654

Jonah Albertson Excelsior Springs Head Track & Field Coach

dbaker@ga.essd40.com

Doug Baker Excelsior Springs Activities Director

EXCELSIOR SPRINGS HIGH SCHOOL

TIGER TRACK & FIELD

HIGHWAY 92 TRACK MEET April 16, 2026

Excelsior Springs, Lathrop, Lawson, Northeast High School, Pembroke Hill

STARTING TIME:	JAVELIN	3:30 PM
	FIELD EVENTS	4:00PM
	RUNNING EVENTS	4:30PM

RUNNING EVENTS:

Rolling schedule following order of events from the NFHS Rulebook.
We will need help with the exchange zones. Please have at least one coach at the following exchanges.

4x100 – 1st exchange North East {*Gold-Gold all around*}
2nd exchange Lathrop {*Gold-Gold all around*}
3rd exchange Lawson{*Gold-Gold all around*}

4x200 – 1st/3rd exchange – Lathrop/Lawson
{*White-White first 2 exchanges, Gold-Gold 3rd*}

FIELD EVENTS: NO FINALS

Javelin – Girls and Boys Cafeteria Style (multi-events go first)
Girls Discus – Boys to follow 4 throws
Girls Pole Vault – Boys to follow
Girls Triple Jump (North Pit) – Boys to follow Cafeteria Style 4 Jumps
Boys Shot Put – Girls to follow 4 throws
Boys High Jump – Girls to follow
Boys Long Jump (South Pit)) – Girls to follow Cafeteria Style 4 Jumps

FIELD EVENT WORKERS:

Javelin – Coach Anderson
Pole Vault – Coach Pennington
Shot Put – Coach Christiansen
Discus – Coach Abele
Long Jump (south pit) – Coach Beck
Triple Jump (north pit) – Coach Teegarden
High Jump – Coach Bierman

Please make sure you have enough workers to cover these events properly. All tapes, rakes, clip boards, etc. will be furnished.

There will be a concession stand.
Come dressed and ready to go – NO LOCKER ROOM facilities.
Entry fee: $225 per school (boys and girls combined).
***Buses should not arrive before 2:30 pm. After school is dismissed at 2:30, buses should park in the High School parking lot South of the school (next to the Performing Arts Center).

EXCELSIOR SPRINGS HIGH SCHOOL

TIGER TRACK & FIELD

HIGHWAY 92 TRACK MEET April 16, 2026

Excelsior Springs, Lathrop, Lawson, Northeast High School

STARTING TIME:	JAVELIN	3:30 PM
	FIELD EVENTS	4:00PM
	RUNNING EVENTS	4:30PM

FIELD EVENTS:

Javelin – Girls and Boys Cafeteria Style (multi-events go first)
Girls Discus – Boys to follow 4 throws
Girls Pole Vault – Boys to follow
Girls Triple Jump (North Pit) – Boys to follow Cafeteria Style 4 Jumps
Boys Shot Put – Girls to follow 4 throws
Boys High Jump – Girls to follow
Boys Long Jump (South Pit)) – Girls to follow Cafeteria Style 4 Jumps

RUNNING EVENTS: (girls followed by boys in all races)

4:00 p.m.

3200m (4x800) Relay (Green)
100m/110m HURDLES
100m DASH
800m (4x200) RELAY (White Triangles)
1600m RUN
400m (4x100) RELAY (Gold Triangles)
400m DASH
300m LH/IH
800m RUN
200m DASH
The Coach Abele Throwers Relay (non-scoring, meet on the field)
3200m RUN
1600m (4x400) RELAY (Blue)