

KMS INVITATIONAL SCHEDULE
Sunday, January 18, 2026

FIELD EVENTS

8:00 am	Weight throw	Men	Final	Top 48 entries
8:00 am	Long jump	Women	Final	Top 48 entries
8:00 am	Long jump	Men	Final	Top 48 entries
8:00 am	High jump	Women	Final	Top 40 entries
8:30 am	Pole vault	Men	Final	Top 40 entries
10:00 am	Weight throw	Women	Final	Top 48 entries
12:30 pm	Shot put	Men	Final	Top 48 entries
1:00 pm	Triple jump	Women	Final	Top 48 entries
1:00 pm	Triple jump	Men	Final	Top 48 entries
1:30 pm	Pole Vault	Women	Final	Top 40 entries
2:30 pm	High jump	Men	Final	Top 40 entries
3:00 pm	Shot put	Women	Final	Top 48 entries

TRACK EVENTS

9:00 am	4 x 200m	Women	Final	Top 12 entries
9:05 am	4 x 200m	Men	Final	Top 12 entries
9:15 am	DMR	Women	Final	Top 12 entries
9:30 am	DMR	Men	Final	Top 12 entries
9:45 am	600m	Women	Final	Top 25 entries
10:00 am	600m	Men	Final	Top 25 entries
10:30 am	60m	Women	Prelims	Top 80 entries
10:45 am	60m	Men	Prelims	Top 80 entries
11:05 am	mile	Women	Final	Top 48 entries
11:25 am	mile	Men	Final	Top 48 entries
11:50 am	400m	Women	Final	Top 50 entries
12:15 pm	400m	Men	Final	Top 50 entries
12:45 pm	60m	Women	Semi Final	Top 32 qualifiers
12:55 pm	60m	Men	Semi Final	Top 32 qualifiers
1:10 pm	60m hurdles	Women	Prelims	Top 32 qualifiers
1:20 pm	60m hurdles	Men	Prelims	Top 32 qualifiers
1:35 pm	60m	Women	Final	Top 8 qualifiers
1:40 pm	60m	Men	Final	Top 8 qualifiers
1:45 pm	60m hurdles	Women	Final	Top 8 qualifiers
1:50 pm	60m hurdles	Men	Final	Top 8 qualifiers
2:00 pm	800m	Women	Final	Top 48 entries
2:15 pm	800m	Men	Final	Top 48 entries
2:30 pm	200m	Women	Final	Top 60 entries
3:00 pm	200m	Men	Final	Top 60 entries
3:30 pm	3000m	Women	Final	Top 48 entries
3:45 pm	3000m	Men	Final	Top 48 entries
4:15 pm	4 X 400m	Women	Final	Top 30 entries
4:35 pm	4 X 400m	Men	Final	Top 30 entries

**Entries open Thursday 1st January at noon and close on Tuesday Jan 13th at 9:00 pm.
Email kevin@kmscorpllc.com by Monday October 13th 2025 to confirm will attend.**

Teams committed on or before Oct 13th, 2025 are assured 14 competitors per gender.

Meet entries: Entries will be done online via directathletics. Limit 3 athletes per event, 2 relay teams per school. A few additions may be considered upon request. Request for additional entries must be made via email on Monday 12th January.

If accepted, you will be contacted shortly after your request.

Additions will only be made if it does not cause an additional heat or flight.

Please use only seed mark achieved from 2024 to 2026.

Entry fee: \$850 per team per gender. Teams with less than 14 athletes per gender will pay \$80 per student-athlete. \$80 per individual athlete (each relay participant is an individual).

Team Entry fees are due **before Friday 16th at 12:00 pm**. Shortly after entries are closed, you will be emailed an invoice to pay by credit card online. There will be a 3.5% processing fee added to your entry fee. No school checks will be accepted. Please make sure the email on your directathletics account is accurate.

Unattached athletes will pay at directathletics.com

Entry fee must be paid before arriving at the meet.

NO EXCEPTIONS. There will be no refunds

Admission: Admission for the public is \$10 for adults 17 years and older, \$8 for youth 5 to 16 years old and free for kids under five years old, Admission must be paid in advance at Ticketleap.com.

Please have your athletes inform supporters to purchase tickets in advance.

Packet pickup: Packets will be available for pick up at the ticket window at the Crossplex. Packets will contain two heat sheets per gender, relay cards, arm bands and receipts. Packet pick up will open at 6:30am Sunday, Jan 18, 2021. Please have one representative pick up the packet and provide armbands to student-athletes and staff for admission. Everyone needs to put on their armband before entering.

Seeding: Running events on the oval will be seeded slowest to fastest. Straightaway races will be seeded randomly and field events will be seeded worst to best. Entry limitations are rigid so meet will be over by 5:00pm.

Checkin: All athletes in running events are required to check in with the clerk thirty (30) minutes before the start of your event and will be escorted to the start line five(5) minutes before the start of the event. Relay cards must be presented to the clerk when checking in for relay. Athletes failing to check in on time or be present for escort to their respective start line, will not be allowed to compete. **All Athletes** in the vertical jumps must report to the event area sixty(60) minutes before the scheduled start of the event. In all other field events, **ALL ATHLETES** in Throws and horizontal jumps must report to the event forty five (45) minutes before the scheduled start of the event regardless of your flight. Failure to do so will result in disqualification from the event.

Advancement: In the horizontal jumps and throws, competitors will be given 3 attempts in the preliminary round. All legal attempts will be measured. Top nine(9) competitors with a legal attempt will advance to the final and be given an additional three (3) attempts. In the 60m dash and 60m hurdles, 32 will advance to the semi final and 8 to the final. All other running events will be timed finals.

Lanes used: In the 60m and 60 hurdles all lanes will be used. In the 200m and 4 x 200m, only lanes 3 thru 6 will be used. In the 400m and 4 X 400m lanes 2 thru six will be used. Additional lanes will only be used if needed to get teams to 14 competitors. Vertical jumps will be done in two pits (high and low) if numbers warrant.

Warm up: General warm can be done inside the perimeter of the Crossplex compound (not safe to warm up out on the city streets). **Warm up room is only for starts, hurdle work and fast strides. No general warm up jogging is to be done in this room.** All running in this room is only allowed in one direction. Two lanes will be for women and the other two for men. Hurdle mobility work will be done on north end of room reserving the south end for work out of the blocks.

Spikes: Spikes will be checked and certified before entry is permitted to the competition area or the practice area and rechecked at the clerks table and start line. **Only 1/4 inch pyramid spikes are allowed in this facility. 3/8 inch pyramid spike are allowed in high jump shoes with recessed spike plate No needle or Christmas tree spikes are allowed.** This is for the protection of the facility.

Weigh in: Implements will be certified in the weigh in room in the north east corner of the facility. Implement weigh in will be open from 6:00 am. Only soft shell indoor shots and weights will be allowed. Implements must be signed in at weigh in and signed out at the event area after the completion of competition.
All decisions by implement certification officials are final

Vertical jump Height Progression:

Women High Jump

Low pit : 1.25, 1:30, 1.35, 1.40, 1.45, 1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81, 1.84

High pit: 1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90

5cm progression until 1.75 then bar will increase by 3cm

Men High Jump

low pit: 1.60, 1.65, 1.70, 1.75, 1.80, 1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.18, 2.21

high pit: 1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.18, 2.21, 2.24, 2.27

5cm progression until 2.15 then bar will increase by 3cm

Women Pole Vault

low pit : 2.15, 2.30, 2.45, 2.60, 2.75, 2.90, 3.05, 3.20, 3.35, 3.50, 3.65

high pit: 3.05, 3.20, 3.35, 3.50, 3.65, 3.80, 3.95, 4.05, 4.15, 4.25, 4.35

15cm progression until 3.95 then bar will increase by 10cm

Men Pole Vault:

low pit: 2.75, 2.90, 3.05, 3.20, 3.35, 3.50, 3.65, 3.80, 3.95, 4.10, 4.25, 4.40, 4.55, 4.85

high pit: 4.25, 4.40, 4.55, 4.70, 4.85, 5.00, 5.15, 5.30, 5.45, 5.55, 5.65

15cm progression until 5.45 then bar will increase by 10cm

Medical: Athletic trainers will only be allowed to set up under the EAST stands(closest to horizontal jumps). No set up is allowed behind the West stands, the competition area or warm up room. There is a training room in the warm up area but no team camps are allowed in this area. There will be an ambulance and emergency medical personnel and a meet trainer on site but teams should provide their own athletic trainers.

Results: During the meet, heat sheets and results will be posted online at xpresstiming.com

Parking: Drop off will be permitted at main entrance on the West side . All busses and team vans must be parked on the southeast side of the Crossplex opposite the main entrance. Teams and spectators enter on the west side.

Facility rules: No outside food or drink is allowed inside the Crossplex. However, I can provide you with contact information for the in-house caterer. No drink other than water is allowed in the competition or practice area. It is not permitted to attach any signage to any wall in the Crossplex nor to deface any area in the Crossplex. Only tape is permitted as markers. NO CHALK
Please clean up your team area and leave it exactly as you found it.

Meet Director: Kevin M. Stephen: kevin@kmscorpllc.com (817) 676-8573 (text only please)

