



2026 UNK High School Indoor Track & Field Invitational

Contact Information

All questions should be directed to UNK's head track & field coach, Brady Bonsall, via email any time prior to the events. bonsallbi@unk.edu

Meet Dates

Class D	Thursday, March 19th	11:00am
Class A/B	Friday, March 20th	11:00am
Class B/C	Saturday, March 21st	11:00am

If requested ahead of time, a school may opt up a class to compete on a different day.

Entry Fee Information

Entry Fee – \$200 for both boys and girls team (\$100 per gender) or \$10 per athlete if entering 10 or fewer athletes per gender. Your entry fee will be based on the number of students that you have entered on athletic.net, not the number of students who actually compete in the meet.

Pay online – This is the preferred method. It is quick, easy, and no processing fees are added.

<https://commerce.cashnet.com/unk2storefront?itemcode=WEBATHHSCC>

Pay by check – If your school is not able to pay online, please contact Brady Bonsall to receive information regarding payment by check. bonsallbi@unk.edu

Entry Deadlines

All entries must be submitted on **ATHLETIC.NET**. If you are a newcomer to athletic.net, please log on sooner rather than later to make sure you can navigate the athletic.net website.

Meet	Search on athletic.net	Entry Deadline
Class D	UNK Class D Invitational	Tuesday, March 17th, 6:00 PM
Class A/B	UNK Class A/B Invitational	Wednesday, March 18th, 6:00 PM
Class B/C	UNK Class B/C Invitational	Thursday, March 19th, 6:00 PM

Admission

Public Admission – Admission is \$7 for adults and \$5 for students (13 and under free). All ticket sales will be online. <https://lopers.com/sports/2021/7/14/hometown-ticket-website.aspx>

Coach/Athlete Infield Access – Athletes not competing or warming up should not be on the infield area or track. Parents and friends should stay out of the infield area.

Entry Limits

Track Events – 3 per individual event, 1 team per relay event

Throwing Events – 3 per event

Vertical Jumps – 3 per event

Horizontal jumps – 2 per event

Heats, Advancements, Attempts

Starting Blocks – Starting blocks will be furnished by UNK. No blocks will be used in the 400M or 4x400M.

Sprints and Hurdles – Heat winners are not guaranteed advancement. Due to the inconsistency in entry marks in the 60M and 60H, though, the top 8 times will advance to the finals. All positions in prelims are determined by entry marks. Events follow NSAA rules, including rules regarding false starts.

Throws – Athletes will be seeded in such a way that the top seeded athlete will be placed in the later flights. Athletes in the throws will make 3 attempts in the preliminary round with athletes throwing the top 8 marks advancing to the finals for 3 more throws.

Horizontal Jumps – Athletes will be seeded in such a way that the top seeded athletes will be placed in the later flights. In the Class A/B and Class B/C meets, all athletes will take 4 attempts within their flight with no finals. In the Class D meet, all athletes will take 3 attempts within their flight with no finals.

Awards, Scoring, Results

Online Results – www.lopertiming.com

Individual Awards – Medals for the top 6 in every event

Team Awards – No team awards. The meets will not be scored.

Facility Specifications

Cushing Fieldhouse has a 160-meter track with 6 lanes around the track and an 8-lane straightaway. Cushing Field house houses one jump pit for the long/triple jump, one pole vault pit and one high jump pit. Track and runway surfaces are Mondo Super X 720. Please observe the spike length limits of 1/4" PYRAMID or shorter. The shot-put ring is made of wood. Please use soft sole shoes only.

Lane preference in the 60M and 60H is 4-5-3-6-2-7-1-8.

Lane preference in the 200M, 400M, and 4x400M is 5-6-4-3-2-1.

400M: 2½ laps, two-turn stagger in lanes

800M: 5 laps, waterfall or double-waterfall start depending on field size

1600M: 10 laps, waterfall or double-waterfall start depending on field size

3200M: 20 laps, waterfall or double-waterfall start depending on field size

4x400M: 10 laps, two-turn stagger in lanes

4x800M: 20 laps, waterfall or double-waterfall start depending on field size

Event Check-In

Track Events – Athletes check in by the garage door in the northwest corner of the fieldhouse at least 15 minutes prior to their race. Hip numbers must be worn on the left hip. Please ask your athletes to pay close attention to the order of races to ensure proper check-in. Once we begin the 60-meter hurdle prelims, we will begin a rolling schedule.

Field Events - Athletes need to check in 30 minutes before the event. If their event follows another field event, they must check in to the judge immediately after the previous event.

Team Camps

Space is limited for teams to set up camps. We will utilize the racquetball court in the hallway and the practice gym adjacent to the pole vault runway. Please keep the bleachers available for paying customers only. UNK is not responsible for any lost items.

Warm-up areas are limited in the field house. You may use the hallways or go outside as needed.

Facility Information

Fieldhouse Policies & Information – No smoking is allowed inside the building. All alcoholic beverages are also prohibited. Cans, glass, and glass bottles are not allowed in Cushing Field house. Concessions will be available when the gates open to Cushing Field house. Gates open one hour prior to the first competition of each meet.

Locker Facilities – We have locker facilities for your athletes. The girls' locker room is in the east hallway outside of the south end of the track. The boys' locker room is down the hallway toward the Health and Sports Center across from the racquetball courts.

Lost & Found – Any items lost during the track meet should be reported to the head table by the pole vault pit. Items can be reclaimed by blind identification or other proof of ownership.

Parking Information

Buses should unload near the pedestrian bridge on the west side of the Health and Sports Center on the one-way street. UNK is on spring break, so parking spots will be easy to find.

Buses – Lots 11, 12, 14, or 16 (but not Lot 10)

Spectators – Lots 10, 11, 12, or 14

