

Bishop McGuinness Catholic High School
Freshman Track Invitational
Monday, April 18, 2011

This meet will be limited, please contact Coach Swink asap by email if you would like to attend. tswink@bmchs.org

TWO DIVISIONS: 9TH grade girls, 9th grade boys

COACHES MEETING: 3:30PM

FIELD EVENTS: 3:45PM

RUNNING EVENTS: 4:00PM

LIMITATIONS: Each athlete is limited to 4 events, including relay participation. Each school is limited to 3 individuals per open event, and 1 relay team per race.

FIELD EVENTS: Each athlete will be given 3 throws/jumps in the preliminaries. The top seven will advance to the finals for 3 additional attempts.

CONCESSIONS: There will be a concession stand open.

LOCATION: Stadium is at the high school, 801 NW 50th, OKC, OK. Bus parking will be available in the stadium parking lot.

ENTRY FEE: 9TH Grade girls: \$65.00

9th Grade boys: \$65.00

Make checks to: Bishop McGuinness Catholic High School

Awards: 1st place team plaques. Individual medals 1st through 5th, relay medals 1st through 3rd.

Scott Stevenson, Head boy's track coach. 405-255-5723,
sstevenson@bmchs.org

BISHOP MCGUINNESS 9th grade Track Meet

Monday April 18, 2011

Coaches Meeting 3:30 PM

First Race 4:00 PM

400 meter Relay	9th Girls / 9th Boys
3200m Relay	9th Girls / 9th Boys
100m Hurdles	9th Girls
110m Hurdles	9th Boys
3200m run	9th Boys
800m Relay	9th Girls
3200m run	9th Girls
800m Run	9th Girls / 9th Boys
100m Dash	9th Girls / 9th Boys
400m Dash	9th Girls / 9th Boys
300m Hurdles	9th Girls
300m Hurdles	9th Boys
200m Dash	9th Girls / 9th Boys
1600m Run	9th Girls / 9th Boys
1600m Relay	9th Girls / 9th Boys

FIELD EVENTS

3:45pm	Shot	9th girls	9th boys
	Discus	9th boys	9th girls
	High Jump	9th girls	9th boys
	Long Jump	9th boys	9th girls
	Pole Vault	9th boys and girls together	