

Bishop McGuinness Catholic High School

Irish Invitational

Saturday, April 21, 2012

The Bishop McGuinness Track program would like to invite your school to participate in our track meet. We have a new all weather green surface on our 6-lane track. The track is located at the school, 50th and Western, Oklahoma City. This will be a timed finals meet.

Entry Fee: \$80.00 for each boys and girls team. B Teams can be entered for \$50.00 for each boys and girls team. \$10.00 per individual if 4 or less members on a team.

Time: 9:00am Coaches Meeting 9:30am Field Events 10:00am Running events

Divisions: There will be two divisions: Boys and Girls

Limitations: Each contestant is limited to four events including relays.

Each school is limited to three entrants in individual events and one relay team in each relay race.

Medals: Awarded to the top five individual places, and the top three relay teams.

Trophies: Awarded to the 1st place team in each division

Team Points: Awarded 1st through 6th places (10,8,6,4,2,1) in individual races and in relays (20,16,12,8,4,2).

Equipment: We will provide all starting blocks. 1/4" or shorter spikes are required.

OSSAA RULES WILL APPLY: Including uniform and jewelry rules.

We will feed the coaches during the break.

Please Respond ASAP Trevor Swink School Phone: (405) 842-6638

e-mail: tswink@bmchs.org

In case of bad weather:

Trevor Swink, Head Girl's coach: Cell Phone: (405) 314-3378

Scott Stevenson, Head Boy's coach: Cell Phone: (405) 255-5723

**Bishop McGuinness Catholic High School
Track and Field Invitational
Saturday April 21, 2012**

RUNNING EVENTS—10:00am START TIME

4 X 100 RELAY	GIRLS, BOYS
4 X 800 RELAY	GIRLS, BOYS
100 INTER. HURDLES	GIRLS
110 HIGH HURDLES	BOYS
3200 RUN	GIRLS, BOYS
4 X 200 RELAY	GIRLS
800 RUN	GIRLS, BOYS
100 DASH	GIRLS, BOYS
400 DASH	GIRLS, BOYS
300 LOW HURDLES	GIRLS
300 INTER. HURDLES	BOYS
200 DASH	GIRLS, BOYS
1600 RUN	GIRLS, BOYS
4 X 400 RELAY	GIRLS, BOYS

FIELD EVENTS—9:30am start time

SHOT PUT	GIRLS, BOYS
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DISCUS

BOYS, GIRLS

LONG JUMP

GIRLS, BOYS

HIGH JUMP

BOYS, GIRLS

POLE VAULT

GIRLS, BOYS