



**FREDERICK A DOUGLASS HIGH SCHOOL
900 N. MARTIN LUTHER KING
Oklahoma City, OK 73117
405-587-4200**

FREDERICK A DOUGLASS M.S. SCHOOL RELAYS

Dear Coach:

On behalf of Frederick A Douglass High School and OKC Public Schools, we are extending to you and your team an invitation to participate in our **4TH Annual 7TH AND 8TH Grade Girls and Boys Track Meet**. We have an eight lane track that requires ¼ (or smaller) spikes.

Details:

- Date/Time: April 3, 2012 “Coaches Meeting” will start at 12:30 p.m. at the heating benches. Field events will start promptly at 1:00 p.m. and running events at 2:00 p. m.
- Division: 7th grade girls 7TH grade boys’ 8th grade girls 8th grade boys
- Participation: OSSAA rules apply. Schools will be limited to 1 team per relay. Contestants are limited to 4 events total. Contestants may not participate in 2 divisions.
- Equipment: Douglass High School will furnish all starting blocks, please note ¼ spikes are required.
- Entry Fee: \$60.00 per division. Make checks payable to Frederick A Douglass High School.
- Awards: Team Champion and runner up team in each division. Individual and relays 1st thru 3rd will receive medals.
- Contacts: Coach Larry Joubert at 405-219-6567 or Coach Harvey Ryan at 405-255-2466 if you have any questions. Email: LJOUBERT@okeps.org

Note: Coaches please email Coach Joubert ASAP to confirm, so we can begin preparing.

April 3 , 2011

12:00 Coaches meeting at the heating tent.

1:00 Field events begins
Note: There will be 3 jumps and throws in field events.

Long jump -	8 Boys	7 Boys	8 Girls	7 Girls
Shot -	8 Boys	7 Boys	8 Girls	7 Girls
Discus –	7 Girls	8 Girls	7 Boys	8 Boys
High Jump –	7 Boys	8 Boys	7 Girls	8 Girls

Running Events

2:00	400 Relay	7 Girls	8 Girls	7 Boys	8 Boys
	3200 Relay	7 Girls	8 Girls	7 Boys	8 Boys
	800 Relay	7 Girls	8 Girls	7 Boys	8 Boys
	Distance Medley Relay	7 Girls	8 Girls	7 Boys	8 Boys
	Sprint Medley Relay	7 Girls	8 Girls	7 Boys	8 Boys
	1600m Relay	7 Girls	8 Girls	7 Boys	8 Boys

**Coaches: Pick up your team awards in the press box
 At the end of the track meets. Check your awards for accuracy.**

***DMR order= 1200m, 400m, 800m, 1600m**

***SMR order= 200m, 200m, 400m, 800m**