

BERRYHILL TRACK MEET

7th, 8th, 9th MIDDLE SCHOOL MEET BOYS AND GIRLS March 28th 2015

Berryhill Public Schools is extending an invitation to participate in our Middle School Boys and Girls Track and Field Meet. 12 Teams Maximum. 4 A and below.

Location: Berryhill High School
3128 S 63rd W. Ave
Tulsa, OK 74107

Entry Fee: \$60.00 per team; \$10.00 per individual if less than 4 members on a team

Bus Parking: Across from the Berryhill High School in the Early Childhood Building Parking lot.

Time: Coaches Meeting will be at 9:00 a.m. at the starting line.
Field Events will begin at 9:30 a.m. and Running Events will begin at 10:15 a.m.
This meet is TIMED FINALS.

DIVISIONS: There will be six divisions (7th Boys, 7th Girls, 8th Boys, 8th Girls, 9th Boys, 9th Girls.)

Limitations: Each school is limited to one relay team per event.
Each school is limited to three competitors per event.
Each contestant is limited to four events, including relays and field events.

Medals: Medals will be awarded to the 1st, 2nd, 3rd, 4th, 5th place finishers in each event.
Medals will be awarded to 1st, 2nd, 3rd place finishers in relays

Trophies: **There will be no team trophies.**

Team Points: We will not keep a point total.

Equipment: Berryhill will furnish all starting blocks to contestants. ¼+spikes or shorter are required. **DO NOT USE TAPE ON THE TRACK.**

Restrooms/Concessions: Located on the south side of the track field.

Dressing facilities: NO DRESSING FACILITIES.

Lunch Break: We will feed Coaches and workers.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

J. Harvey Scott - Head Track Coach
School (918) 446-1636
Home (918) 445-3542



ORDER OF EVENTS

9:30 am

FIELD EVENTS

- POLE VAULT (9,8,7 BOYS) (9,8,7 Girls)**
- HIGH JUMP 7th G, 8th G, 9th G, 7th B, 8th B, 9th B**
- LONG JUMP 9th Girls & Boys, 8th Girls & Boys, 7th Girls & Boys**
- SHOT PUT 7th Girls & Boys, 9th Girls & Boys, 8th Girls & Boys,**
- DISCUS 8th Girls & Boys, 7th Girls & Boys 9th Boys & Girls**

**NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS
EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**

10:15 am

RUNNING EVENTS

- 100 M HURDLES, 7-8-9**
- 400 RELAY 7-8-9**
- 800 METER RUN 7-8-9**
- 200 METER DASH 7-8-9**
- BREAK**
- 1600METER RUN 7-8-9**
- 100 METER DASH 7-8-9**
- 800 METER RELAY 7-8-9**
- 300 M. HURDLES 7-8-9**
- 1600 METER RELAY 7-8-9**