

# CADDO COUNTY TRACK AND FIELD MEET APRIL 7, 2015 AT HINTON

COACHES MEETING: 1:00PM FIELD EVENTS START: 1:30 RUNNING EVENTS START: 1:30

This meet is a finals only meet!

Entry fee: \$60 for each J.H. team, \$80 for each H.S. team (\$280 for all 4 teams) if less than 4 team members then \$15 per individual.

Divisions: J.H. Boys & Girls; H.S. Boys & Girls----9<sup>th</sup> graders may participate in J.H. or H.S. but not both.

Participation: Athletes are limited to four events. Schools may enter 1 relay team and 3 individuals in each event.

Awards: Medals to the top 5 in each individual event and top 3 relays. No team scoring.

Make checks payable to HINTON ATHLETICS.

FIELD EVENTS: 1:30-----High Jump H.S. Boys/J.H. Boys/H. S. Girls/J.H. Girls

Long Jump H.S. Girls/J.H. Girls/H.S. Boys/J.H. Boys

Pole Vault J.H. & H.S. Girls/J.H. & H.S, Boys (all girls then all boys)

Shot Put J.H. Boys/ H.S. Boys/ J.H. Girls/H.S. Girls

Discus J.H. Girls/H.S. Girls/J.H. Boys/H.S. Boys

RUNNING EVENTS: 1:30 (unless listed, the order will be J.H. Girls/J.H. Boys/H.S. Girls/H.S. Boys)

400M RELAY

400M DASH

3200M RELAY

3200M RUN J.H. GIRLS/J.H. BOYS

100M HURDLES J.H.GIRLS/H.S. GIRLS

300M HURDLES J.H. GIRLS/J.H. BOYS/H.S. GIRLS/H.S. BOYS

110M HURDLES J.H. BOYS/H.S. BOYS

200M DASH

3200M RUN H.S. GIRLS/H.S. BOYS

1600M RUN

800M RELAY

1600M RELAY

800M RUN

100M DASH

\*\* 3200 & 1600 boys and girls may run together. We have no breaks planned.

ALL TEAM CAMPS WEST OF CONCESSION, BETWEEN TRACK AND SB FIELD!!!

Contact Coach Russ if you have any questions. 405-545-0155