



CHEROKEE STRIP CONFERENCE
TRACK MEET
APRIL 27, 2015



Welcome to the Cherokee Strip Relays Conference Track and Field Meet.

Time Schedule: 9:30 Coaches Meeting (In Press Box)
10:00 Field events begin
10:45 Running preliminaries begin

Facilities: Rubber, all weather track and runways (1/4 spikes). We have a 6 lane track located north of Hwy 11.

Shot, and discus rings are concrete. LJ will take place west of the stadium bleachers. HJ will take place on the east end of the football field, and PV will take place on the west end of the football field. Parking is located to the north of the football field.

Entries: Entries will be done at the meet.

Meals: Coaches will sign up for hamburgers, etc. during Coaches Meeting.

Scoring: Individual 10-8-6-4-2-1 Relay 20-16-12-8-4-2

Awards: We will award medals for the first three places in each event. We will also have plaques for the first place boys and girls teams.

Questions: Please feel free to call Sean Herbig at 580-395-2392, sherbig@medford.k12.ok.us

CHEROKEE STRIP CONFERENCE JH/HS TRACK MEET
APRIL 27TH, 2015

FIELD EVENTS - 10:00 am

Discus (3 Throws)	HS/JH GIRLS ó HS/JH BOYS
Shot Put (3 Throws)	HS/JH BOYS ó HS/JH GIRLS
High Jump	HS/JH GIRLS ó HS/JH BOYS
Long Jump (3 Jumps)	HS/JH BOYS ó HS/JH GIRLS
Pole Vault	HS/JH BOYS ó HS/JH GIRLS

ORDER OF EVENTS - 10:45 am ALL EVENTS ARE FINALS

400M Relay	JH/HS GIRLS ó JH/HS BOYS
3200M Relay	HS GIRLS ó HS BOYS
100M Hurdles	JH (30")/HS GIRLS (33")
110M Hurdles	JH (33")/HS BOYS (39")
3200M Run	HS BOYS
800M Relay	JH/HS GIRLS - JH/HS BOYS
800M Run	JH/HS GIRLS ó JH/HS BOYS
100M Dash	JH/HS GIRLS ó JH/HS BOYS

BREAK

3200M Run	HS GIRLS
400M Run	JH/HS GIRLS ó JH/HS BOYS
300M Hurdles	JH (30")/HS (30") GIRLS
300M Hurdles	JH (30")/HS (36") BOYS
200M Dash	JH/HS GIRLS ó JH/HS BOYS
1600M Run	JH/HS GIRLS ó JH/HS BOYS
1600M Relay	JH/HS GIRLS ó JH/HS BOYS

CHEROKEE STRIP CONFERENCE TRACK MEET

ATTENTION CONFERENCE COACHES:

The Cherokee Strip Conference Jr/Sr High Track Meet will be held on Monday April 27th, 2015 at Medford High School. Field events start at 10:00am and running events begin at 10:45am.

In order to run the meet off successfully, we need each school to bring an appropriate number of workers for their respective assignments. If you are not attending, it is very important that we be notified so that replacements may be found.

Thank you in advance for your assistance and cooperation.

Sean Herbig
Medford High School

WORK ASSIGNMENTS

MEDFORD ó REFEREE, HEATS, PRESS BOX, TIMER

KREMLIN ó (SHOT PUT ó 1 COACH, 3 WORKERS - 1 TIMER)

BURLINGTON ó (LONG JUMP ó 1 COACH, 2 WORKERS - 1 TIMER)

RINGWOOD ó STARTER, (1 TIMER)

CHEROKEE ó (HIGH JUMP ó 1 COACH, 2 WORKERS - 1 TIMER)

TIMBERLAKE ó (DISCUS ó 1 COACH, 3 WORKERS - 1 TIMER)

DCLA ó (POLE VAULT ó 1 COACH, 2 WORKERS - 1 TIMER)

LOMEGA ó 1 COACH TO HELP AT FINISH LINE & 1 TIMER

ALL FIELD EVENTS MUST BE RUN BY ADULTS. WORKERS MAY BE STUDENTS.