



2015 TRACK AND FIELD CHAMPIONSHIPS

DEER CREEK HIGH SCHOOL

THURSDAY, APRIL 30, 2015

Coaches Meeting @ 10:30 am /All Events Begin @ 11:00 am

9th / Varsity must DECLARE division with Enduro at trackroster.com before competition begins.

RUNNING EVENTS

400 meter Relay	9G-VG-9B-VB
3200 meter Relay	9G/VG-9B/VB
100m H (33")	9G-VG
110m HH (36" 9B /39" VB)	9B-VB
3200m Run	9B/VB
800m Relay	9G-VG-9B-VB
800m Run	9G-VG-9B-VB
100m Dash	9G-VG-9B-VB
3200m Run	9G/VG
400m Dash	9G-VG-9B-VB
300m H (30")	9G-VG
300m H (36")	9B-VB
200m Dash	9G-VG-9B-VB
1600m Run	9G-VG-9B-VB
1600m Relay	9G-VG-9B-VB

FIELD EVENTS

High Jump	9G/VG (combined) Starting Height 4'2" - 9B/VB (combined) Starting Height 5'0"
Long Jump	VB (3 Jumps - Top 8/Finals), 9B (4 Jumps Only), VG (3 Jumps - Top 8/Finals), 9G (4 Jumps Only)
Shot	VB (3 Throws - Top 8 To Finals), 9 th Boys (4 Throws - No Finals) VG (3 Throws - Top 8 To Finals), 9 th Girls (4 Throws - No Finals)
Discus	VG (3 Throws - Top 8 To Finals), 9 th Girls (4 Throws - No Finals) VB (3 Throws - Top 8 To Finals), 9 th Boys (4 Throws - No Finals)
Pole Vault	9G/VG - 9B/VB (combined-Split up after event for scoring)

Here are each schools event assignments for the meet.

Long Jump - NORMAN NORTH (All Boys) / MUSTANG (All Girls)

High Jump - EDMOND NORTH (All Girls) / STILLWATER (All Boys)

Pole Vault - EDMOND MEMORIAL (Girls) & YUKON (Boys)

Shot - NORMAN (All Girls) / SANTA FE (All Boys)

Discus - WESTMOORE (All Boys) / MOORE (All Girls)

Exchanges - SOUTHMOORE (exchange 1)/ (exchange 2)/ (exchange 3) 4x100/4x200
(Break) 4x800 & 4x400

Heating, Scoring & Awards - Deer Creek (w/Enduro Timing Systems)

Starter - Strippy Biggers

**This is a SEEDED MEET - All teams must be signed up through trackroster.com by 2:00PM April 29th
All races will be pre-heated. Entries will close @ 2:00PM Wednesday, April 29th.**