

Edmond Memorial High School



7TH AND 8TH GRADE

Invitational Track Meet
1000 E. 15th Edmond, OK

Tuesday, March 24, 2015

Time: 3:45 Coaches Meeting 4:00 All Events Begin

SITE:

Edmond Memorial High School, 1000 East 15th Street, Edmond, Oklahoma 73013

TIMES:

Coaches meeting at **3:45 pm** with competition beginning at **4:00 pm**

ENTRY PROCESS:

Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 – 5. The entry deadline for this meet is Monday, March 23rd by 5:00pm. This is a Roster Only meet. Log into your TrackRoster account at: www.trackroster.com. **TO COMPLETE YOUR ENTRIES, YOU WILL NEED TO FOLLOW STEPS 1-5.** You will also need to contact Tim Grantham to get meet code for adding to your schedule.

ENTRY FEE:

1. \$ **80.00** per gender per team (team consist of 8 athletes or more per gender)
2. \$ **20.00** per individual with team of less than 8
3. Make Checks payable to:

Edmond Public Schools
Attn: Athletic Department
1001 W. Danforth Rd., Edmond, OK 73003-4801

TIMING:

The meet will be timed using **F.A.T**

COMPETITION & WARM-UP:

- **Each team is limited to four entrants in each event and one relay**
- Athletes may only compete in **four** events
- Running events: Report to heating area in the South end zone when your event is called.
- Field Events: Athletes will check-in at the event area

AWARDS:

Awards will be presented to top Three (3) Relays and Top Three (3) Individual placers. Team Awards for 1st and 2nd Place Team

CONCESSION:

Concession stand will be provided

ADMISSION:

Adults \$ 5.00 - Students/Children \$ 3.00 - Senior Citizens \$ 3.00

DIVISIONS:

Two division for boys (7th and 8th) and two divisions for girls (7th and 8th)

For questions and to get meet code - contact Tim Grantham, Edmond Memorial HS
Tim.Grantham@edmondschools.net

4 pm - ORDER OF EVENTS

4 individuals per event

1 relay

400m Relay	7G 8G - 7B 8B
3200m Relay	7G 8G - 7B 8B
100m Hurdles	7G 8G
110m Hurdles	7B 8B
100m Dash	7G 8G - 7B 8B
800m Run	7G 8G - 7B 8B
800m Relay	7G 8G - 7B 8B
400m Dash	7G 8G - 7B 8B
300m Hurdles	7G 8G - 7B 8B
1600m Run	7G 8G - 7B 8B
1600m Relay	7G 8G - 7B 8B

4 pm - FIELD EVENTS

Pole Vault	7G,8G,7B,8B
Shot (upper)	8B,7B
Shot (lower)	8G,7G
Discus (upper)	7B,8B
Discus (lower)	7G,8G
Long jump	8B,8G,7B,7G
High jump (east)	7G,8G
High jump (west)	7B,8B

