

JENKS TROJAN MIDDLE SCHOOL TRACK INVITATIONAL

APRIL 14TH, 2015

- TEAM:** There will be an 8 team limit; first 8 teams to contact will participate.
- TIME:** Coaches Meeting 3pm; All Events Start At 3:30
- ENTRIES:** There will be an 8th grade Girls/Boys Division and 9th Grade Girls/Boys Division.
- PLACING:** All running events will be timed finals.
Field events will be 3 attempts only.
- AWARDS:** Medals will be awarded, 1st thru 5th place. There will be no team score kept and no team trophies awarded.
- HEATING:** We will heat in the middle of the field at the heating table. Please try to let your kids know that you want the fastest kid in the 1st heat.
- LIMITATIONS:** ¼ inch spikes required. Starting blocks will be provided. You must provide your own Relay marking material (NO TAPE).
- ENTRY FEE:** \$75 for each Division. Please bring a check with you or mail it previous to track meet. Make Checks Payable to: **JENKS ATHLETIC DEPARTMENT**
- CONTACT:** Landon Isham
Jenks High School
205 E. B St.
Jenks, OK 74037
Work: 918-299-4415 ext. 2709
Cell 918-724-9472
Email: landon.isham@jenksps.org

3:30

FIELD EVENTS

HIGH JUMP	8B, 9B – 8G, 9G
POLE VAULT	8G, 9G – 8B, 9B
LONG JUMP	8G, 9G – 8B, 9B
SHOT	8B, 9B – 8G, 9G
DISCUS	8G, 9G – 8B, 9B

3:30

RUNNING EVENTS

400m RELAY	8G, 9G – 8B, 9B
3200m RELAY	8G, 9G – 8B, 9B
100m HURDLES	7G, 8G
110m HURDLES	7B, 8B
100m DASH	8G, 9G – 8B, 9B
800m RUN	8G, 9G – 8B, 9B
800m RELAY	8G, 9G – 8B, 9B
400m DASH	8G, 9G – 8B, 9B
300m HURDLES	8G, 9G – 8B, 9B
200m DASH	8G, 9G – 8B, 9B
1600m RUN	8G, 9G – 8B, 9B
1600m RELAY	8G, 9G – 8B, 9B