

LUCKY 7 CONFERENCE
M.S.(6th-7th-8th) & HIGH SCHOOL(9th-12th) TRACK MEETS
MONDAY, APRIL 27, 2015- 11:00 am
MIAMI, OKLAHOMA

THE FIELD EVENTS WILL BE RUN OFF AND FINISHED BEFORE RUNNING EVENTS BEGIN, WITH THE EXCEPTION OF THE 3200 METER RELAY (**H.S. ONLY**) AND 3200 METER RUN AND POSSIBLY 400 M RELAY. (Make sure all runners are ready from field events.)

M.S. -- EVERYONE WILL GET **3 THROWS** IN THE DISCUS & SHOT PUT AND **3 JUMPS** IN THE LONG JUMP. H.S. 6 3 THROWS / JUMPS 6 TOP 7 TO FINALS WITH 3 ADDITIONAL THROWS / JUMPS

10:40 Coaches Meeting

3 ATHLETES FROM EACH SCHOOL PER EVENT

11:00	POLE VAULT (GIRLS, BOYS)	AFTON / S. COFFEYVILLE
	SHOT PUT (BOYS, GIRLS)	BLUEJACKET / WELCH / KETCHUM
	DISCUS (GIRLS, BOYS)	WYANDOTTE / COLCORD / OK UNION
	HIGH JUMP (BOYS, GIRLS)	FAIRLAND / COMMERCE
	LONG JUMP (GIRLS, BOYS)	QUAPAW / FOYIL

12:00 (approx.) 3200 METER RELAY (GIRLS, BOYS)

12:45 (approx.) 3200 METER RUN (GIRLS, BOYS) H.S. Only

1:45 (approx.) 400 METER RELAY (GIRLS, BOYS)

100/110 METER HURD. (GIRLS, BOYS)
HS-33", JH-30" HS-39", JH-33"

800 METER RUN (GIRLS, BOYS)

800 METER RELAY (GIRLS, BOYS)

100 METER RUN (GIRLS, BOYS)

400 METER RUN (GIRLS, BOYS)

300 METER HURDLES (GIRLS, BOYS)

200 METER RUN (GIRLS, BOYS)
HS-30", JH-30" HS-36", JH-30"

1600 METER RUN (GIRLS, BOYS)

1600 METER RELAY (GIRLS, BOYS)

HEATING BENCH- COMMERCE

TIMERS:

1 ST	}
2 ND	
3 RD	
4 TH	
5 TH	
6 TH	

 To be decided at meet. Most likely auto-timing by Miami.

APPEALS COMMITTEE 6 FAIRLAND / FOYIL / WYANDOTTE

CURVE JUDGES -

1 6	WYANDOTTE / AFTON / S. COFFEYVILLE / KETCHUM
2 6	BLUEJACKET / QUAPAW / COLCORD / OK UNION
3 6	WELCH / FAIRLAND / COLCORD / COMMERCE