

# MIAMI HIGH SCHOOL

2000 E. Central  
Miami, OK 74354  
918-542-4421(phone)  
918-542-7421(fax)

Dear Coach,

On behalf of the Miami Public School system, we extend to you and your school system a sincere invitation to participate in our track field meets. We will be hosting 1 high school meet and 1 junior meet. The high school meet will have 4 divisions (3A-under boys, 3A-under girls, 4A/5A boys, 4A/5A girls)

*We will be giving medals to the top 4 placers in each event.* We will keep team points, but **will not** give out team plaques.

Our track is an 8-lane, high performance, surface located on the northeast side of the high school. *Please use ¼” spikes or less.* We will use an electronic timing system.

Our athletic department has selected the following dates for our meets. Please email [mlefay@miami.k12.ok.us](mailto:mlefay@miami.k12.ok.us) and let us know how many coaches will be eating the coaches meal.

Sincerely,

Rick Simpson  
Head H.S. Boys  
[rsimpson@miami.k12.ok.us](mailto:rsimpson@miami.k12.ok.us)  
918-541-7595

Matt LeFay  
Head H.S. Girls  
[mlefay@miami.k12.ok.us](mailto:mlefay@miami.k12.ok.us)  
918-533-1282

James Cheatham  
Athletic Director  
[jcheatham@miami.k12.ok.us](mailto:jcheatham@miami.k12.ok.us)  
918-724-1014

## **THURSDAY, April 16<sup>th</sup> Varsity (4A/5A) (3A and under)**

**FOUR DIVISIONS – 4A/5A Boys, 4A/5A Girls, 3A & under Boys, 3A & under Girls**

Coaches meeting: 9:30 a.m.                      \$90 per HS/per division  
Meet starts: 10:00 a.m.                      \$18 per individual (5 or less)

## **MONDAY, April 20<sup>th</sup> 7-8 (5A and under)**

**FOUR DIVISIONS – 7<sup>TH</sup> BOYS & GIRLS, 8<sup>TH</sup> BOYS & GIRLS**

Coaches meeting: 9:30 a.m.                      \$70 per JH/per division  
Meet starts: 10:00 a.m.                      \$14 per individual (5 or less)

## HS ORDER OF EVENTS

### Field Events – 10:00 a.m.

High Jump: 3A Girls, 4A/5A Girls, 3A Boys, 4A/5A Boys  
Long Jump: 4A/5A Boys, 3A Boys, 4A/5A Girls, 3A Girls  
Discus: 3A Girls, 3A Boys, 4A/5A Girls, 4A/5A Boys  
Shot Put: 4A/5A Boys, 4A/5A Girls, 3A Boys, 3A Girls  
Pole Vault: 3A Boys, 4A/5A Boys, 3A Girls, 4A/5A Girls

### Timed Finals Meet – 10:15 (3A Girls, 4A/5A Girls, 3A Boys, 4A/5A Boys)

400 Meter Relay  
3200 Meter Relay  
100 Meter Hurdles – 33” (girls)  
110 Meter Hurdles – 39” (boys)  
3200 Meter Run – (boys)  
800 Meter Relay  
800 Meter Run  
100 Meter Dash

BREAK

3200 Meter Run – (girls)  
400 Meter Dash  
300 Meter Hurdles – 30” (girls)  
300 Meter Hurdles – 36” (boys)  
200 Meter Dash  
1600 Meter Run  
1600 Meter Relay

---

## JUNIOR HIGH ORDER OF EVENTS

### Field Events – 10:00 a.m.

High Jump: 7G-8G-7B-8B  
Long Jump: 8G-7B-8B-7G  
Shot: 7G-8G-7B-8B  
Discus: 7B-8B-7G-8G  
Pole Vault: 8B-7B-8G-7G

### Timed Finals – 10:15 a.m. (3200 relay could be combined boys/girls)

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