

Midwest City High School
9th Grade Fast Time Classic

Date: Thursday, April 20th, 2015

Time: 2:45 pm Coaches Meeting
3:00 pm Field Events
3:15 pm Running Events

Cost: \$80.00 per team.
Send Entry Fee to:
Midwest City High School
Attention: Debi Seirafi-pour
213 Elm Street
Midwest City, OK 73130

- General:**
- 4 event limit per contestant
 - Each school may enter 3 individuals per event
 - Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
 - Participants must wear ¼ " or less spikes
 - No tape on track
 - Contestants will be heated up on field
 - Awards may be picked up at the press box following 1600-meter relay
 - Trophies will be awarded to the top two teams
 - Medals will be awarded to the top 3 places
 - Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals
 - \$80.00 for each boys and girls team. \$5.00 per individual if 5 or less team members. There will be 2 divisions, boys and girls.

If you plan on attending, you must do the following:

1. You must notify Tim Thomas that you plan to attend. (tthomas@mid-del.net) or 405-219-0458
2. You must have all your athletes listed on TrackRoster.com at least three days prior to meet. Deadline for Entries April 3, 2015 at 5:00 pm.

Place: Rose Field, 701 East Lockheed Ave., Midwest City, OK 73130

Contact: Tim Thomas, Midwest City High School Head Boys' Track Coach
405-219-0458 or tthomas@mid-del.net
Cay Papagolos, Midwest City High School Head Girls' Track Coach
662-380-3717 or cpapagolos@mid-del.net

**Midwest City High School
9th Grade Fast Time Classic**

2:45 pm Coaches Meeting (in hospitality room)
3:00 pm Field Events
3:15 pm Running events and timed finals

Field Events - 3:00 pm

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|------------|--------------|
| High Jump | Girls – Boys |
| Long Jump | Boys – Girls |
| Discus | Girls – Boys |
| Shot | Boys – Girls |
| Pole Vault | Boys – Girls |

Running Events – 3:15 pm

| | |
|---------------|--------------|
| 4 x 100 Relay | Girls – Boys |
| 4 x 800 Relay | Girls – Boys |
| 100 Hurdles | Girls (33) |
| 110 Hurdles | Boys (39) |
| 3200 Run | Girls – Boys |
| 4 x 200 Relay | Girls – Boys |
| 800 Dash | Girls – Boys |
| 100 Dash | Girls – Boys |
| 400 Dash | Girls – Boys |
| 300 Hurdles | Girls (30) |
| 300 Hurdles | Boys (30) |
| 200 Dash | Girls – Boys |
| 1600 Run | Girls – Boys |
| 4 x 400 Relay | Girls – Boys |