

Midwest City High School
Invitational Track and Field Meet

Date: Thursday, April 23th, 2015

Time: 3:30 pm Coaches Meeting
4:00 pm Field Events
4:15 pm Running Events

Cost: \$90.00 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 1/4 " 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
 - \$90.00 for each boys and girls team. \$10.00 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 21, 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
Invitational Track and Field Meet**

3:30 pm Coaches Meeting (in hospitality room)
4:00 pm Field Events
4:15 pm Running events and timed finals

Field Events - 4:00 pm

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

Running Events – 4:30 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