

**Metro Middle Schools Athletic Conference**  
**Moore High School April 24th & 25th, 2015**  
**Timing: Enduro Timing Systems**

General Information:

**\*Location:** Moore High School, 300 N. Eastern, Moore, Oklahoma 73160

**\*Entry Fee:** \$100 Per Division (\$400 per school)

Make Checks Payable to Moore Public Schools Athletics. Please send entry fees to Connie Bollig at 1500 S.E. 4<sup>th</sup> Street, Moore, Oklahoma 73160.

**\*Coaches Meeting:** 3:45 on the Field.

**\*This will be a seeded meet thru Enduro Timing (Deadline is April 22<sup>nd</sup>)**

**\*Other Information:** Coaches who are working events will need to bring their own tape measures to work their respective events.

4x100 Exchange Judges	(Deer Creek, Stillwater, Mustang)
4x200 Exchange Judges	(Edmond Schools)
800/4x800 Exchange Judge/Break Line	(Yukon MS)
4x400 Exchange Judge/Break Line	(Moore Schools)

### **TIMED FINALS MEET**

#### **FRIDAY Running Events**

4:30pm 400M Relay 7TH Girls, 8th Girls, 7th Boys, 8th Boys

5:15pm 3200M Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

6:30pm 100M Hurdles 33"? 7th Girls, 8th Girls

7:00pm 110M Hurdles 36"? 7th Boys, 8th Boys

#### **FRIDAY Field Events**

4:30pm High Jump 7th Girls, 8th Girls (Highland West/Highland East)

4:30pm Long Jump 8th Boys, 7th Boys (Mustang/Mustang North)

4:30pm Shot Put 8th Girls, 7th Girls (Deer Creek/Summit)

4:30pm Discus 7th Boys, 8th Boys (Irving/Alcott)

4:30pm Pole Vault 7th/8th Girls (Combined – divide & score after) (Longfellow)

## **SATURDAY Running Events**

10:00am 800M Relay 7TH Girls, 8TH Girls, 7th Boys, 8th Boys  
11:00am 800M Run 7TH Girls, 8TH Girls, 7th Boys, 8th Boys  
12:00pm 100M 7TH Girls, 8TH Girls, 7th Boys, 8th Boys  
1:00pm 400M 7TH Girls, 8TH Girls, 7th Boys, 8th Boys  
2:45pm 1600M 7TH Girls, 8TH Girls  
3:00pm 300M Hurdles 30" 7th Girls, 8th Girls  
3:30pm 300M Hurdles 36"? 7th Boys, 8th Boys  
4:00pm 200M 7TH Girls, 8TH Girls, 7th Boys, 8th Boys  
5:00pm 1600M 7th Boys, 8th Boys  
5:45pm 1600M Relay 7TH Girls, 8TH Girls, 7th Boys, 8th Boys

## **SATURDAY FIELD EVENTS**

9:30 High Jump 7th Boys, 8th Boys (Moore Central/Brink)  
9:30 Long Jump 8th Girls, 7th Girls (Edmond Central/Cheyenne)  
9:30 Shot Put 8th Boys, 7th Boys (Cimarron/Sequoyah)  
9:30 Discus 7th Girls, 8th Girls (Moore West/Stillwater)  
9:30 Pole Vault 7th/8th Boys (Combined – divide & score after) (Whittier)

Meet Director is Stefan Seifried (Head Track Coach at Moore High)  
Email: [stefanseifried@mooreschools.com](mailto:stefanseifried@mooreschools.com)

This will be a seeded meet thru Enduro Timing (April 22<sup>nd</sup>, 2015)