

Oklahoma Track Coaches Association Meet of Champions

DATE: Saturday, May 30, 2015

TIME: Field Events - 1 p.m.

Running Events - 2 p.m.

PLACE: MOORE High School

CONTESTANTS: The state champions and runner-ups in each class will receive an automatic invitation in each event. The event lanes will be filled with the next 4 best times regardless of classification (based on regional and state competition) or otherwise selected by the games committee. Our goal is that 2 heats of 8 lanes (16 competitors) are filled for each event.

AWARDS: Custom medals will be awarded to the top 6 placers in each event.

EVENTS AND TIME SCHEDULE

1:00 ALL FIELD EVENTS

1:15	4 x 800 M. RELAY
2:00	4 x 100 M. RELAY
2:20	1600 M. RUN
2:35	100 M. HURDLES
	110 M. HURDLES
2:50	100 M. DASH
3:05	400 M. DASH
3:20	800 M. RUN
3:35	300 M. HURDLES
3:55	200 M. DASH
4:10	3200 M. RUN
4:40	4 X 400 M. RELAY

FIELD EVENT ORDER

SHOT PUT B-G

DISCUS G-B

POLE VAULT G-B

HIGH JUMP B-G

LONG JUMP B-G

INFORMATION: Each athlete will receive a competition jersey. No entry fee is required. Liability insurance will be provided.