

Northwest Jr. High Conference Track Meet
Okeene
April 22, 2008

Conference Teams: Fairview, Thomas, Hinton, Canton, Okeene,
Seiling, Mooreland, O.B.A.

5th & 6th

Field Events

10:00 Shot: 5th Boys, 5th Girls, 6th Girls, 6th Boys
High Jump: 6th Boys, 6th Girls, 5th Girls, 5th Boys
Long Jump: 5th Girls, 5th Boys, 6th Boys, 6th Girls
Pole Vault: 5th Boys, 6th Boys

Running Events

12:00 100 dash 5th Girls, 6th Girls, 5th Boys, 6th Boys
400 dash 5th Girls, 6th Girls, 5th Boys, 6th Boys
200 dash 5th Girls, 6th Girls, 5th Boys, 6th Boys
600 run 5th Girls, 5th Boys
800 run 6th Girls, 6th Boys
400 relay 5th Girls, 6th Girls, 5th Boys, 6th Boys

7th & Junior High

Field Events

11:30 3200 M. Relay JH Girls, JH Boys
Shot: JH Girls, 7th Boys, JH Boys, 7th Girls
Discus: JH Boys, 7th Girls, JH Girls, 7th Boys
High Jump: 7th Boys, 7th Girls, JH Boys, JH Girls
Long Jump: 7th Girls, 7th Boys, JH Girls, JH Boys
Pole Vault: JH Boys, 7th Boys

Running Events

2:00 400 relay 7th Girls, JH Girls, 7th Boys, JH Boys
800 run 7th Girls, JH Girls, 7th Boys, JH Boys
100 hurdles 7th Girls, JH Girls (30ö)
110 hurdles 7th Boys, JH Boys (30ö)
800 relay 7th Girls, JH Girls
100 dash 7th Girls, JH Girls, 7th Boys, JH Boys
400 dash 7th Girls, JH Girls, 7th Boys, JH Boys
300 hurdles 7th Girls, JH Girls, 7th Boys, JH Boys
200 dash 7th Girls, JH Girls, 7th Boys, JH Boys
1600 run JH Girls, JH Boys
1600 Relay 7th Girls, JH Girls, 7th Boys, JH Boys

Coaches Meeting: 5/6 9:30 – 7th/JH 11:15

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Each school will be responsible for working one field event. This will be for both the 5th & 6th and the 7th/ JH. Each school will also have to supply helpers if needed. If you have any questions please call Mike Jinkens at Okeene High School.

Phone: 822-3268 or 822-3384 Cell: 822-3358

Home: 822-3358

Okeene:	Timers, heating and scoring of points, starter
Seiling:	Long Jump
Fairview:	Pole Vault
Mooreland:	High Jump
O.B.A.:	Shot Put
Thomas:	High Jump
Hinton & Canton:	Discus