

OWASSO JUNIOR HIGH TRACK MEET

7th/8th

- DATE:** Tuesday March 31st, 2015
- TIME:** 10:00am Coaches Meeting / 10:30am Field Events and Running Events
- ENTRIES:** We will have 4 divisions...7th Boys/Girls, 8th Boys/Girls.
- AWARDS:** Medals to the first three places. Team Trophy will be awarded to the first place team in every division.
- PLACING:** All events are final. ***WE WILL NOT BE RUNNING Boys or Girls 200M.*** You may run more than one 800m Relay teams.
- HEATING:** We will heat everyone at the starting line of the event.
- LIMITATIONS:** Short (1/4) spikes. Starting blocks will be provided. We have an 8-Lane track.
- ENTRY FEE:** \$80.00 for each Division. Please bring check with you, or let me know that "The check is in the mail".
- COACHES:** Put your fastest runners in the first heat.
- CONTACT:** If you have any questions please call:
Steve Parker
Owasso High School
12901 E. 86th St. N.
Owasso, Ok 74055
Head Track Coach (918) 272-1867
Track Office (918) 272-8048
Cell (918) 808-1412
Email steve.parker@owasso.k12.ok.us

10:30 FIELD EVENTS:

HIGH JUMP	7B 8B - 7G 8G
POLE VAULT	7G 8G - 7B 8B
LONG JUMP	7G 8G - 7B 8B
SHOT	7B 8B - 7G 8G
DISCUS	7G 8G - 7B 8B

10:30 RUNNING EVENTS:

400m RELAY	7G 8G - 7B 8B
3200m RELAY	7G 8G - 7B 8B
100m HURDLES	7G 8G
110m HURDLES	7B 8B
100m DASH	7G 8G - 7B 8B
800m RUN	7G 8G - 7B 8B
800m RELAY	7G 8G - 7B 8B
400m DASH	7G 8G - 7B 8B
300m HURDLES	7G 8G - 7B 8B
1600m RUN	7G 8G - 7B 8B
1600m RELAY	7G 8G - 7B 8B