

# **OWASSO JUNIOR HIGH TRACK MEET**

**7<sup>th</sup>/8<sup>th</sup>**

- DATE:** Tuesday April 7th, 2015
- TIME:** 10:00am Coaches Meeting / 10:30am Field Events and Running Events
- ENTRIES:** We will have 4 divisions...7<sup>th</sup> Boys/Girls, 8<sup>th</sup> 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. All events are final.
- 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. 86<sup>th</sup> 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](mailto:steve.parker@owasso.k12.ok.us)

**10:30**      **FIELD EVENTS:**

<b>HIGH JUMP</b>	<b>7B 8B - 7G 8G</b>
<b>POLE VAULT</b>	<b>7G 8G - 7B 8B</b>
<b>LONG JUMP</b>	<b>7G 8G - 7B 8B</b>
<b>SHOT</b>	<b>7B 8B - 7G 8G</b>
<b>DISCUS</b>	<b>7G 8G - 7B 8B</b>

**10:30**      **RUNNING EVENTS:**

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