

# OWASSO HIGH SCHOOL

## 33rd ANNUAL RAM RELAYS

Sponsored by



Friday April 10<sup>th</sup>, 2015

The following will give you the information you need for the meet. This will be a time final meet.

SCHOOLS PLANNING TO ATTEND THIS MEET MUST SUBMIT THEIR ENTRIES ON TRACKROSTER BY COMPLETING STEPS 1-5 FOR "ROSTER ENTRY" MEET. ***THE CUTOFF DATE IS TUESDAY, APRIL 7<sup>th</sup>.***

TIME: All teams report to HS Track by 9:00am for coaches meeting. Field events will start at 9:30am and running events will start at 10:00am.

DIVISIONS: There will be 2 divisions: HS Boys / HS Girls

ENTRY FEE: \$100.00 for EACH division. HS Girls \$100, HS Boys \$100. B Teams are allowed at the same price. If you have a team of 6 or more it is considered a Full Team.

LIMITATION: You may enter 3 individuals in an event and 1 relay team. If you have 2 Relay Teams you will be charged for a B Team.

HEATING: All athletes will need to check in at the heating benches before their race.

LIMITATIONS: Short (1/4) spikes. You may only have 3 athletes per event, and 1 athlete may enter 4 events. You can only have 1 relay team per school.

TEAM POINTS & ***All RELAY EVENTS 20-16-12-8-4-1 & All OTHER EVENTS 10-8-6-4-2-1.***

AWARDS: Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place. Team Trophy for 1<sup>st</sup> & 2<sup>nd</sup> place

LUNCH: We will feed all coaches lunch, but we will not be taking a break. Please let us know if you will be attending and how many coaches will be eating.

ALL OSSAA RULES APPLY

CONTACTS: Owasso High School  
12901 E. 86 St. N.  
Owasso, Ok 74055

Head Coach Steve Parker

School Phone: (918) 272-1867  
Fax: (918) 272-3040  
Cell: (918) 808-1412  
E-mail: [steve.parker@owassops.org](mailto:steve.parker@owassops.org)

### 9:30 Field Events

High Jump      Boys, Girls  
Pole Vault      Girls, Boys  
Long Jump      Girls, Boys  
Discus   Girls, Boys (discus is east of the track behind the baseball field)  
Shot          Boys, Girls

### 10:00 Running Events Time Finals in ALL EVENTS

3200m Relay          Girls   Boys  
400m Relay          Girls   Boys  
100m Hurdles          Girls  
110m Hurdles          Boys  
100m Dash          Girls   Boys  
DMR 1200m-400m-800m-1600m   Girls   Boys  
800m Relay          Girls   Boys  
3200m Run          Girls   Boys  
SMR 200m-200m-400m-800m   Girls   Boys  
300m Hurdles          Girls   Boys  
800m Run          Girls   Boys  
400m Dash          Girls   Boys  
200m Dash          Girls   Boys  
1600m Run          Girls   Boys  
Throwers Relay      You must have one girl thrower on your team.  
1600m Relay          Girls   Boys