

Piedmont Jr. High School
7th and 8th Grade Annual
Boys and Girls Invitational Track Meet
Saturday, April 18, 2015

Coaches:

Piedmont Schools would like to extend an invitation to your school to enter our annual invitational on Saturday, April 18th, 2015 in Piedmont, Oklahoma.

All association rules will apply. Each school will be permitted to enter three contestants per event.

Team trophies will be awarded for the first and second in each division. Individual medals will be awarded for the first three places in each event. Scoring will be 10-8-6-4-2-1 and double relays.

Field events will begin at 9:30 am and Running events will begin at 10:15 am. A coaches' meeting will be at 9:00am at the field house next to the track.

An entry fee of \$240.00 for all four team (\$60.00 for one team) should accompany entries.

Contestants will draw for assignments and will be heated according to times the day of the meet. Shot and discus will be thrown from concrete slabs. Shot, discus, long jump contestants will be given 4 attempts only. All participants will be allowed to wear spikes not exceeding 3/16" in length. The NO FALSE start rule will apply. Starting blocks will be furnished by Piedmont Schools.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on the **ENDURO Entries** website (TrackRoster) by completing Steps 1 - 5. The entry deadline is ((Wednesday ó April 16th)). - - - No late entries accepted. - - - Log into your account at: www.enduroentries.com (trackroster.com)

If you plan to attend this meet, you **MUST** also notify **Jon Bakewell** before the entry deadline.

We will have coaches packets ready for the coaches meeting. Each packet will have the team's Roster (with the names of each athlete entered on the website). Each athlete will have a competition number. The number will need to be written (with a Sharpe) on the back of the athlete's hand, so their number can be written on the heat sheet and field event score sheets when the athlete checks in.

TRACK MEET SCHEDULE

COACHES MEETING: 9:00

FIELD EVENTS: 9:30

RUNNING EVENTS: 10:15

Order of Events:

Timed Finals Beginning At **10:15 AM**

100 Meter Low Hurdles (30ö)	7G, 8G
110 Meter Int. Hurdles (33ö)	7B, 8B
400 Meter Relay	7G, 7B, 8G, 8B
3200 Meter Relay	7G, 7B, 8G, 8B
100 Meter Dash	7G, 7B, 8G, 8B
800 Meter Run	7G, 7B, 8G, 8B

BREAK (length to be determined day of the meet)

800 Meter Relay	7G, 7B, 8G, 8B
400 Meter Run	7G, 7B, 8G, 8B
300 Meter Hurdles	7G, 7B, 8G, 8B
200 Meter dash	7G, 7B, 8G, 8B
1600 Meter Run	7G, 7B, 8G, 8B
1600 Meter Relay	7G, 7B, 8G, 8B

Field events:

Beginning At **9:30 AM**

Shot Put	8B, 7B, 8G, 7G (4 throws only)
Discus	7G, 8G, 8B, 7B (4 throws only)
Pole Vault	7B, 8B, 7G, 8G
Long Jump	8B, 8G, 7B, 7G (4 Jumps only)
High Jump	7G, 7B, 8B, 8G

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Entry Fee:

8 th Grade Boys & Girls	\$120.00
One 8 th grade team	\$60.00
7 th Grade Boys & Girls	\$120.00
One 7 th grade team	\$60.00
All Four Teams	\$240.00
Individual	\$10.00 up to 5 athletes

School _____ Coaches Attending _____

Coach _____ Phone # _____

8th boys

8th Girls

7th boys

7th Girls

Thank You

Jon Bakewell

Send inquiries to: Jon Bakewell
1055 Edmond RD. NW
Piedmont OK 73078
Cell: 808-5752

School Phone: (405) 373-5011

Please Respond ASAP at the school phone above or email

jon.bakewell@piedmontschools.org