

# Stillwater High School

## Pioneer Relays

- Date: Friday, April 3rd 2015
- Time: All teams report to HS Track by 3:30pm for coaches meeting. Field events will start at 3:45pm and running events will start at 4:00pm
- Divisions: There will be 2 divisions: HS Boys / HS Girls
- Entry Fee: \$80.00 for EACH division. HS Girls \$80, HS Boys \$80  
please bring check with you, or let me know that "The check is in the mail".
- Coaches: There will be preliminaries and finals in the L J, Shot and Discus we will take 8 to the finals.
- Awards: Medals to the first three places. Trophies to the top two teams
- Heating: All athletes will need to heat 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 only 4 events. You can run a "B" team, but please clearly distinguish between the two.
- Team Points: 10-8-6-4-2-1. 20-16-12-8-4-2 (Relays)
- Dinner: We will feed all coaches dinner, but we will not be taking a break.
- Contacts: Stillwater High School—1224 N. Husband—Stillwater, Ok. 74075  
Coach Rusty Atkins Cell (405) 714-0442  
School Phone: (405) 533-6450 Fax: (405) 533-6464

\*\*\*\* Will Use TrackRoster.com\*\*\*\*

**ATTENTION COACHES:** the On-line Entry DEADLINE for our meet is Thursday, April 2nd @ 5pm. (((The meet will be CLOSED at 5pm!))) No late entries accepted. - - - Schools planning to attend this meet must submit their entries on the "**ENDURO Entries**" website by completing **ALL FIVE (5) On-line Steps**. If your team/school does not complete ALL FIVE (5) On-line Entry Steps, your school/team can **NOT** be entered manually by our timing crew at the meet. - - - **NO exceptions allowed this year.** - - - Please log into your ENDURO Entries (TrackRoster) account at: [www.enduroentries.com](http://www.enduroentries.com)

## Order of Events 2015

### 3:45 Field Events

High Jump	Boys, Girls
Pole Vault	Girls, Boys
Long Jump	Girls, Boys
Discus	Girls, Boys
Shot	Boys, Girls

### 4:00 Running Events

#### **ALL FINALS**

400m relay	Girls / Boys
3200m relay	Girls / Boys
100m dash	Girls / Boys
100m hurdles	Girls
110m hurdles	Boys
3200m run	Boys
800m relay	Girls
800m relay	Boys
3200m run	Girls
800m run	Girls / Boys
400m dash	Girls / Boys
300m hurdles	Girls (30") / Boys (36")
200m dash	Girls / Boys
1600m run	Girls / Boys
1600m relay	Girls / Boys