

28<sup>th</sup> Annual Kenny Roof Invitational Track Meet  
JH Boys & Girls ó Grades 7,8,9 ( One Division)  
Monday March 30, 2015

Open to schools 4A and below.

Coaches meeting at 9:45

1. Finals in all field events starting at 10:00 a.m.  
Finals in running events start at 10:30 a.m.
2. A school may enter 3 in each event.
3. Association rules apply.
4. Points will be scored the same as the State Meet.  
  
10-8-6-4-2-1  
20-16-12-8-4-2 Relay Points
5. A trophy will be given to the Winner and Runner-up of each division. Medals will be given to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places in each event.
6. The entry Fee is \$75.00 per team.  
\$15.00 per individual if 3 or less members.
7. Use short spikes only. Starting blocks will be provided.
8. WE WILL HAVE POLEVAULT.
9. Lunch and hospitality room will be provided for coaches.
10. We will be using FAT timing.
11. Please make checks payable to Thomas High School and mail to:

Matt Hart  
Thomas High School  
P.O. Box 190  
Thomas, Ok 73669

School Phone: 580-661-3522  
Cell Phone: 580-302-0418  
Email: mhart@thomas.k12.ok.us

# THOMAS JUNIOR HIGH TRACK MEET

## ORDER OF EVENTS

### Running Events

**Start at 10:30 a.m.**

3200 m Relay G-B

100 m Hurdles G

110 m Hurdles B

100 m Dash G-B

800 m Relay G-B

1600 m Run G-B

**BREAK**

400 m Relay G-B

400 m Dash G-B

300 m Hurdles G-B

800 m Run G-B

200 m Dash G-B

1600 m Relay G-B

### Field Events

**Start at 10:00 a.m.**

Shot G-B

Discus B-G

Long Jump B-G

High Jump G-B

Pole Vault G-B