

Watonga Junior High Track Meet

Thursday, April 2, 2015

Watonga Schools would like to invite you to the Watonga Junior High Invitational Track & Field Meet on **Thursday, April 2nd.**

- **4A and below schools only**
- All OSSAA rules will apply.
- There will be 4 divisions; **5th/6th Grade Boys, 5th/6th Grade Girls, 7th/8th Grade Boys & 7th/8th Grade Girls (No 9th graders please!)**
- ðBö teams may run with entry fee (*\$50 with "A" entry*)
- All running events will be timed finals.
- Scoring will be 10-8-6-4-2-1; double for relays.
- Each school may enter **3** athletes per event.
- Each athlete may compete in only **4** events
- Lane assignments will be drawn at heating benches
- Shot, Discus and Long Jump will be given 4 attempts per contestant. No finals.
- **NO SPIKES EXCEEDING ¼" IN LENGTH PLEASE!**
- Plaques awarded to **Meet Champion & Meet Runner-up** in each division
- Medals awarded to the top **3 places** in each event.
- Concession Stand available
- Coaches will receive a meal ticket.

Coaches meeting at 9:30 a.m in field house (SE Corner of FB field).

Field events begin at 10:00 a.m.

Running events begin at 10:30 a.m.

Entry Fee: \$80.00 per division (\$10 per individual)

Please send entries to:

Watonga High School

c/o David Lorenz

Box 310

Watonga, OK 73772

1-405-570-5626 (cell)

580-623-7362 (school)

580-623-8019 (fax)

dlorenz@watonga.k12.ok.us

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ORDER OF EVENTS

Running Events (10:30 a.m. start)

100 M. Hurdles (30ö) G
110 M. Hurdles (33ö) B
400 M. Relay G ó B
3200 M. Relay G ó B
100 M. Dash G ó B
800 M. Run G ó B

Field Events (10:00 a.m. start)

Shot 5/6, 7/8 G
5/6, 7/8 B
Discus 5/6, 7/8 B
5/6, 7/8 G
Long Jump 5/6, 7/8 B
5/6, 7/8 G
High Jump 5/6, 7/8 G
5/6, 7/8 B
Pole Vault 7/8 G-B

-----Tentative 30 min break-----

800 M. Relay G - B
400 M. Run G ó B
300 M. Hurdles G ó B
200 M. Dash G ó B
1200 M. Run 5/6 G - B
1600 M. Run 7/8 G ó B
1600 M. Relay G ó B