

2015 WESTERN CONFERENCE
TRACK & FIELD MEET
TUESDAY APRIL 21, 2015

Please Send, Call, or Fax, or E-Mail or Text if you are Coming.

*******TEAMS INVITED: ALTUS, ANADARKO, CACHE, CLINTON, ELGIN, ELK CITY,
WEATHERFORD, WOODWARD, *******

*******TEAMS CHECK-IN: COACHING MEETING: 1:30 P. M.
FIELD EVENTS BEGIN: 2:00 P.M.
RUNNING EVENTS BEGIN: 2:30 P.M.**

******4 DIVISIONS: (HIGH SCHOOL GIRLS & 9TH) (HIGH SCHOOL BOYS & 9TH)
(JH 7TH-8TH GIRLS) (JH 7TH-8TH BOYS)**

******LIMITATIONS: Each school contestant will be limited to four events including relays.
Each school will be limited to (THREE) entries in individual events and
one entry in relays events. There will be no "B" teams.**

******HEATING: All athletics will be heated by time at the HEATING BENCHES.
(PLACE YOUR BEST RUNNER UP FRONT)**

******RUNNING EVENTS will be TIMED FINALS******

******FIELD EVENTS: 3 throws/jumps in prelims-Top 7 to Finals- 3 more attempts**

**WE WILL NEED HELP IN RUNNING THE MEET OFF AND HELP WILL BE
APPRECIATED**

OSSAA SANCTIONED MEET**** OSSAA & NFS RULES WILL APPLY
HOSPITALITY PROVIDED FOR COACHES
AWARDS: INDIVIDUALS EVENTS: 1ST-3RD RELAYS 1ST-3RD
TROPHIES: TEAM CONFERENCE TROPHY FOR HIGH SCHOOL
CHAMPIONSHIP TROPHY FOR JUNIOR HIGH ONLY

******ENTRY FREE: HS GIRLS @ \$80.00 HS BOYS @ \$80.00 INDIVIDUAL (3 OR LESS) X
15 EACH=\$_____**

JH GIRLS @ \$80.00 JH BOYS @ \$80.00

AD KENT JACKSON:	405 33 2245	405 247 2496	kjackson@apswarriors.com
MIKE WILLIAMS:	405 933 3371	405 247 2496	michaelwilliam1244@att.net
KEITH SHUALL:	405 933 1034		keshaul@apswarriors.com

WESTERN CONFERENCE TRACK MEET SCHEDULE OF EVENTS **(TUE. APRIL 21 2015)**

COACHES MEETING: 1:30 P.M.
FIELD EVENTS: 2:00 P.M.
RUNNING EVENTS HEATING: 2:15 P.M.
RUNNING EVENTS: 2:30 P.M.

HIGH JUMP:	JHB	HSB	JHG	HSG
LONG JUMP:	HSG	JHG	HSB	JHB
POLE VAULT:	JHG	HSG	JHB	HSB
SHOT PUT;	HSB	JHB	HSG	JHG
DISCUS	HSG	JHG	HSB	JHB

RUNNING EVENTS:

400	RELAY	JHG	JHB	HSG	HSB	
3200	RELAY	JHG	JHB	HSG	HSB	
100	HURDLES	JHG	JHB	HSG		
110	HURDLES				HSB	
3200	RUN			HSG	HSB	(NO 3200 FOR THE JH 7TH-8TH)
800	RELAY	JHG	JHB	HSG	HSB	
800	RUN	JHG	JHB	HSG	HSB	
100	DASH	JHG	JHB	HSG	HSB	
400	DASH	JHG	JHB	HSG	HSB	
300	HURDLES	JHG	JHB	HSG	HSB	
200	HURDLES	JHG	JHB	HSG	HSB	
1600	RUN	JHG	JHB	HSG	HSB	

FIELD EVENT RELAY: Must be in throwing events (no sprinters) (200lbs +)

1600	RELAY	JHG	JHB	HSG	HSB
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