

# GARY READNOUR MEMORIAL HIGH SCHOOL TRACK MEET

**PLACE:** WYNNEWOOD HIGH SCHOOL TRACK

**DATE:** April 17, 2015

**ENTRY FEE:** \$75.00 Per Team(\$150.00 for both) or \$10.00 per Individual (up to 3)  
**PLEASE RSVP IF PLANNING TO ATTEND (405) 665-1113**

**FACILITIES:** 6 Lane Metric All Weather Resilite Surface  
LJ, HJ & PV approaches are Resilite Surfaces  
Discus & Shot Put slabs are Concrete

**AWARDS:** NO TEAM SCORES  
MEDALS to the Top FIVE (5) PLACES in INDIVIDUAL EVENTS & TOP THREE (3) PLACES IN RELAYS

**DIVISIONS:** HIGH SCHOOL GIRLS  
HIGH SCHOOL BOYS

**PAYMENT:** MAKE CHECKS PAYABLE TO: WYNNEWOOD TRACK  
**MAIL TO: WYNNEWOOD HIGH SCHOOL**  
**ATTENTION: RICHARD NORMAN**  
**702 EAST ROBERT S. KERR BLVD**  
**WYNNEWOOD, OK 73098**

**INCLEMENT WEATHER – CALL Richard Norman (405) 761-5258**

## GENERAL INFORMATION

Coaches Meeting begins at 9:00

1. All Heating will be done at the HEATING BENCHES
2. FIELD EVENTS begin at 9:30 a.m.. TIMED FINALS begin at 10:00 a.m.
3. **Each school is allowed THREE (3) INDIVIDUALS or ONE RELAY per EVENT ONLY!**  
**(B Teams will be charged as a team entry)**
5. Competitors are limited to FOUR (4) EVENTS.
6. STARTING BLOCKS will be furnished
7. ALL CAMPS will be on the PRACTICE FIELD (West of the Track)
8. EACH TEAM IS RESPONSIBLE FOR THE CARE OF ITS VALUABLES.
9. CONCESSION STAND WILL BE OPEN.
10. Dressing Rooms are not available.
11. Restrooms will be open.
12. NON-CONTESTANTS WILL NOT BE ALLOWED INSIDE THE OVAL.
13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
14. FIELD EVENTS will only get FOUR ATTEMPTS. **NO FINALS.**
15. **OSSAA RULES WILL GOVERN THE MEET.**

**SHORT SPIKES\*\*\*\*\*SHORT SPIKES\*\*\*\*\*SHORT SPIKES\*\*\*\*\*SHORT SPIKES**

**If you have any questions, please call (405) 665-1113**

Richard Norman

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WYNNEWOOD, OK

**FIELD EVENTS: 9:30 a.m. NO FINALS**

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EACH CONTESTANT WILL RECEIVE ONLY FOUR ATTEMPTS TOTAL

SHOT BOYS ó GIRLS (4 THROWS)  
DISCUS GIRLS ó BOYS (4 THROWS)  
LONG JUMP GIRLS ó BOYS (4 JUMPS)  
HIGH JUMP BOYS -- GIRLS  
POLE VAULT GIRLS ó BOYS (possible same time)

**RUNNING EVENTS: 10:00 a.m. TIMED FINALS**

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400 METER RELAY GIRLS ó BOYS  
3200 METER RELAY GIRLS ó BOYS  
100 METER HURDLES GIRLS  
110 METER HURDLES BOYS  
100 METER DASH GIRLS ó BOYS  
3200 METER RUN GIRLS  
800 METER RELAY GIRLS ó BOYS  
800 METER RUN GIRLS ó BOYS  
400 METER DASH GIRLS ó BOYS  
3200 METER RUN BOYS  
300 METER HURDLES GIRLS ó BOYS  
200 METER DASH GIRLS ó BOYS  
1600 METER RUN GIRLS ó BOYS  
1600 METER RELAY GIRLS ó BOYS

**SHORT SPIKES\*\*\*\*SHORT SPIKES\*\*\*\*SHORT SPIKES\*\*\*\*SHORT SPIKES**