

### Altus Junior High

Athletic Department Ridgecrest and S. Park Lane Altus, Oklahoma 73521 (580) 481-2648

Dear Girls and Boys Track Coach:

On Tuesday, April 12, 2016 Altus Junior High School will be hosting the õAltus Junior High Invitational Track and Field Meetö. There will be four (4) Divisions: 8<sup>th</sup> Grade Boys & 8<sup>th</sup> Grade Girls, 7<sup>th</sup> Grade Boys & 7<sup>th</sup> Grade Girls We will preheat meet on Friday, April 8, 2016 after 12:00 P.M. All entries received after that time will be automatically placed in the last heats.

# Please have your entry form in by April 8<sup>th</sup>. Entry form are attached to this letter.

Trophies will be awarded to the Champion and Runner-up in each Division. National Federation Rules for Track and Field will be used. Three student /athletes in one event. Medals will be given to the top three places in each division. A meal will be provided for all coaches during the break.

Please plan on attending our meet. I promise a good meet and a fun time for all!!!!!!

Entry Fee \$ 80.00 Boys \$ 80.00 Girls \$150 for Both \$10.00 for Individual

Mail to: Altus High School 400 N. Park Avenue Altus, Okla. 73521 Attn: Athletic Dept.

If you have any question, please feel free to call Robert Garrison at School, (580) 481-2173 or home (580) 481-0327 or email at rgarrison@altusps.com: or email Brandi Manning at <a href="mailto:bmanning@altusps.com">bmanning@altusps.com</a>, Mark Dablestein at mdablestein@altusps.com or contact Athletic Director Jeremy Reed at (580)-481-2647 or <a href="mailto:jreed@altusps.com">jreed@altusps.com</a>.

#### Sincerely, Robert Garrison, Mark Dablestein and Brandi Manning, Altus Track Coaches

School		
Will Attend	Will not attend	
Boys Division	Girls Division	
Name of Head Coach		Number of Asst. Coaches



#### Please have your entry form in by April 8<sup>th</sup>. Entry form are attached to this letter.

# Altus Junior High Invitational Track Meet - Schedule of Events Tuesday, April 12<sup>th</sup>, 2015

Coaches Meeting: 3:00 pm Field Events: 3:15 pm.

High Jump 7th Boys, 8th Boys, 7th Girls, 8th Girls Long Jump 7th Girls, 8th Girls, 7th Boys, 8th Boys

Pole Vault 7<sup>th</sup> & 8<sup>th</sup> Girls, 7<sup>th</sup> & 8<sup>th</sup> Boys (Point Separate)

Shot Put 8th Boys, 7th Boys, 8th Girls, 7th Girls Discus 8th Girls, 7th Girls, 8th Boys, 7th Boys

Finals: 3:30 pm (7G,8G,7B,8B unless otherwise noted)

400 Meter Relay 3200 Meter Relay

100 Meter Hurdles (Girls) 110 Meter Hurdles (Boys)

100 Meter Dash

800 Meter Run (Girls-Boys)

800 Meter Relay

300 Meter Hurdles (Girls-Boys)

400 Meter Dash

200 Meter Dash (Girls - Boys) 1600 Meter Run (Girls - Boys) 1600 Meter Relay (Girls . Boys)

<sup>\*\*</sup>If meet is running ahead of schedule we will run a 3200 for the 8<sup>th</sup> grade division. Boys and Girls combined, between the 800 Meter Relay and 300 Hurdles.\*\*

### Entry Form -- DUE ON FRIDAY, APRIL 8TH @ NOON

# PLEASE SEND TO: <u>rgarrison@altusps.com</u>, or fax to Robert Garrison at (580) 481-2547

School Name	
Division (8 <sup>th</sup> or 7 <sup>th</sup> or both)	
Gender = Boys Girls	(Check and fill out different forms for different genders)
Coachøs Name and phone numb	er en

<sup>\*</sup>Be sure to mark 7<sup>th</sup> or 8th. Please send times. \*\* Below this form there are 2 extra forms for more athletes. Any runners not sent in, can be placed in open lanes during the coaches meeting, if lanes are open. \*\*\*Note the 1600 and 3200 meter run maybe heated at start finish line.\*\*\*

Name	100	200	400	800	1600	3200	110H	300IH
							100h	300lh

Relays: 4 x 100 (time)	_ 4 x 200 (girls only)
4 x 400 (time)_By Team Points_	4 x 800 (time)

Name	100	200	400	800	1600	3200	110H	300IH
							100h	300lh

Name	100	200	400	800	1600	3200	110H	300IH
							100h	
							10011	300111