

**Beggs Seventh Annual
Middle School Track Meet
7th and 8th Boys and Girls
Thursday April 7th 2016**

On behalf of the Beggs Public School System, we are pleased to announce our sixth Annual Junior High Track and Field meet. Come and enjoy our 8 lane, all-weather track facility. This meet will be run as timed finals.

Entry Fee: \$60 for each team; \$10 per individual if less than (4) members. Make checks payable to Beggs Middle School

Time: All teams report to football/track facility by 9:30am for coaches meeting. Field events will start at 10:00am followed by running events starting at 10:15am.

Division: There will be (4) divisions: 7th and 8th grade boys and girls.

Participation: Each athlete is limited to (4) events, including relays. Each school is limited to (3) entrants in each event.

Awards: 1st place trophies awarded to each school. Medals awarded to top (3) finishers in each event.

Scoring: 10-8-6-4-2-1 for individuals, double for relays.

Equipment: ¼ö, or shorter, spikes required. No spikes permitted on artificial grass football field. (**No Team Camps will Be Allowed on Football Field.**)

OSSAA RULES APPLY

Feel free to contact us with any questions at:

Head Track Coach
Gerard Alexander
School (918) 267-3625
Home (918) 756-5204

Athletic Director
Justin Norman
School (918) 267-4916
Home (918) 340-1208

Beggs Junior High Track Meet
7th and 8th Girls and Boys
Order of Events

Running Events

Begins at 10:15am

400m Relay	7 th -8 th Girls, Boys
3200m Relay	7 th -8 th Girls, Boys
100m Hurdles	7 th -8 th Girls, Boys
800m Relay	7 th -8 th Girls, Boys
800m Run	7 th -8 th Girls, Boys
100m Dash	7 th -8 th Boys, Girls
400m Dash	7 th -8 th Girls, Boys
300m Hurdles	7 th -8 th Girls, Boys
200m Dash	7 th -8 th Girls, Boys
1600m Run	7 th -8 th Girls, Boys
1600m Relay	7 th -8 th Girls, Boys

Field Events

Begins at 10:00am

High Jump	7 th -8 th Girls, Boys
Long Jump	7 th -8 th Boys, Girls
Shot	7 th -8 th Girls, Boys
Discus	7 th -8 th Boys, Girls
Pole Vault	7th-8th Boys, Girls