

CHECOTAH JR HIGH TRACK MEET
7th – 8th BOYS AND GIRLS
THURSDAY MARCH 24, 2016

On behalf of the Checotah Public Schools, we are extending an invitation to participate in our Jr. High School Boys and Girls Track and Field Meet. Checotah Schools has an 8 lane Track with collegiate landing mats.

Location: Checotah High School Mailing Address: Checotah High School
Attn: Chad Hendricks
491 W. Paul Carr Drive
Checotah, OK 74426

Bus Parking: North of the Football Field house

Fees: **\$75.00** for each division. For teams of four athletes or less: \$15.00 per person.
Make Checks Payable to: CHECOATH PUBLIC SCHOOLS. **NO REFUNDS**

Time: Coaches Meeting will be at 9:00 a.m. in the football locker room.
Field Events will begin at 9:30 a.m. and running events will begin at 9:30a.m.
This meet is TIMED FINALS.

DIVISIONS: There will be four (4) divisions 7th boys and girls, 8th boys and girls.

Limitations: Each school is limited to one (1) relay team.
Each school is limited to three (3) competitors per event.
Each contestant is limited to four events, including relays and field events.

Medals: Medals will be awarded to the 1st, 2nd, 3rd, 4th, and 5th place finishers in each event.
Relays will award only the top three finishers.

Trophies: **We will not do team trophies.**

Team Points: We will not keep a point total.

Equipment: Checotah will furnish all starting blocks to contestants. ¼+spikes or shorter are Required. **DO NOT USE TAPE ON THE TRACK.**

Restrooms/Concessions: Located on the North side and Southeast corners of the football field.
DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!

Dressing facilities: NO DRESSING FACILITIES.

Lunch Break: We will feed Coaches and workers.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Chad Hendricks Head Track Coach
Email Address: cshendricks@checotah.k12.ok.us
School (918) 473-8083
Fax: (918) 473-7174

ORDER OF EVENTS

9:30 am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES (30)	GIRLS	
110 M HURDLES (30)		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS

-----BREAK-----

400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS	BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

FIELD EVENTS

POLE VAULT	7 TH , 8 TH BOYS	7 TH , 8 TH GIRLS
HIGH JUMP	7 TH , 8 TH GIRLS	7 TH , 8 TH BOYS
LONG JUMP	7 TH , 8 TH BOYS	7 TH , 8 TH GIRLS
SHOT PUT	7 TH , 8 TH BOYS	7 TH , 8 TH GIRLS
DISCUS	7 TH , 8 TH GIRLS	7 TH , 8 TH BOYS

**NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS
EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**