

**CHISHOLM 7th & 9th GRADE
BOYS and GIRLS
INVITATIONAL TRACK and FIELD MEET
APRIL 12, 2016**

Chisholm High School will be hosting their 7th and 9th grade meet April 12, 2016. We have a seven (7) lane urethane surface track along with an electronic timing system.

We will follow OSSAA regulations and the following will apply:

- Only schools entering class 3A, 2A and A Regionals may enter.
- There will be four divisions: 7th girls and boys 9th girls & boys
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event and one (1) team per relay event.
- Points will be scored 10-8-6-4-2-1 and will double for relays.
- Three (3) medals will be awarded in each event. Plaques will be awarded to the first place teams in each division.
- An entry fee of \$70.00 per division for both boys and girls teams will be charged. \$15.00 per individual, up to 4.
- Make checks payable to Chisholm Public Schools. No refunds
- **On-line Entry Deadline: Monday, April 11th @ 5pm.** All entries must be completed on-line at: www.enduroentries.com (Complete **All 5 Steps**.) I will add additional athletes, if needed, the day of the meet and make changes but we cannot add an athlete if his/her TEAM has not entered the meet on-line (www.enduroentries.com) before the entry deadline. - -Please enter your TEAM (athletes) before the deadline. If you have questions regarding your ENDURO Entries account, please contact Kevin McWatters at: kevin@endurousa.com
- ¼ö or less spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for the preliminaries and placed according to times in the finals. Seven (7) athletes will qualify for the finals.
- Athletes will not be allowed on the field unless they are warming up or competing at the time. Camp outside the fence.
- Coaches will meet at **8:30 am**. Field events will begin at **9:00 am**. Preliminaries will begin at **9:30 am**.
- A concession stand will be open.
- Admission will be: Adults-\$3.00 and Students-\$2.00

If you have any questions, please contact:

Joey Reinart (School) (580) 237-5512 x 443, Cell (405) 880-4921

E-mail jreinart@chisholm.k12.ok.us

Mike Karnes (School) (580) 237-5512 x 404, Cell (918) 533-4003

E-mail mkarnes@chisholm.k12.ok.us

Jim Coleman Cell (580) 791-1309

E-mail jcoleman@chisholm.k12.ok.us

Results will be posted at www.ohstrack.com

**7TH AND 9TH GRADE GIRLS and BOYS
CHISHOLM INVITATIONAL TRACK and FIELD MEET
TUESDAY, APRIL 12, 2016**

ORDER of EVENTS

FIELD EVENTS 9:00 a.m.

Contestants will have three (3) attempts in the shot put, discus throw and long jump.

All attempts will be FINALS

Shot Put (7 th - 6lb, 9 th - 4kg)-----	7 th B, 9 th B, 7 th G, 9 th G
Discus Throw-----	7 th G, 9 th G, 7 th B, 9 th B
High Jump-----	9 th G, 7 th G, 9 th B, 7 th B
Long Jump-----	9 th B, 7 th B, 9 th G, 7 th G
Pole Vault-----	7 th G, 9 th G, 7 th B, 9 th B

RUNNING EVENTS 9:30 a.m.

400 relay-----	7 th G, 9 th G, 7 th B, 9 th B
3200 relay-----	7 th G, 9 th G, 7 th B, 9 th B
100 hurdles (30ö)-----	7 th G, 9 th G
110 hurdles (30ö)-----	7 th B
110 hurdles (33ö)-----	9 th B
800 relay-----	7 th G, 9 th G, 7 th B, 9 th B
800 run-----	7 th G, 9 th G, 7 th B, 9 th B
100 dash-----	7 th G, 9 th G, 7 th B, 9 th B
400 dash-----	7 th G, 9 th G, 7 th B, 9 th B
300 hurdles (30ö)-----	7 th G, 9 th G, 7 th B, 9 th B
200 dash-----	7 th G, 9 th G, 7 th B, 9 th B
1600 run-----	7 th G, 9 th G, 7 th B, 9 th B
1600 relay (heated by team points)-----	7 th G, 9 th G, 7 th B, 9 th B