

Collinsville Cardinals
JH Track Meet
Thursday April 21, 2016

On behalf of the Collinsville Public Schools, we are extending a sincere invitation to your junior high boys and girls track teams to participate in our **open class** meet. **Grades 7-9. We will make a cut at 12 schools!!!** Our track is an eight lane, state of the art synthetic surface track and our high jump and pole vault pits are collegiate styles that far surpass the safety standards set by national federation guidelines.

Location: Collinsville High School is located on highway 20, 3 miles east of hwy 75 and 1.5 miles west of hwy 169. The track facility sits to the northwest of the high school.

Bus Parking: North of the high school.

Team Camps: We are requiring that all team camps set up camp inside the designated area outside the track facility in the northeast corner.

Entry Fees: \$75 for each team. If you bring B teams, it will cost \$50.00 per additional team. \$12.00 per individual if less than four (4) members on a team (applicable to B teams as well).

Time: We will have a coaches meeting at 12:00. We will begin the field events at 12:30 and running events at 1:00. This will be a **TIMED FINALS** meet.

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 top five finishers in each event, **except relays**, where the top 3 placing teams will receive medals.

Trophies: There will be NO team trophy awarded but we will keep team scores. (10-8-6-4-2-1) for individual events and (20-16-12-8-4-2) for relay events.

Equipment: Collinsville will furnish all starting blocks to contestants. $\frac{1}{4}$ +spikes or shorter are required. We will provide tennis balls for any track marking you may need. **DO NOT USE TAPE ON THE TRACK.**

Restrooms: Restrooms are located north and south ends of the Collinsville Track Facility which is directly behind the track bleachers.

Absolutely no athletes will be allowed to enter the school building during the track meet

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Please understand that we will follow the rules of the Oklahoma High School Coaches Association and the Oklahoma Track Coaches Association.

Sean Tesar – Head Boys Track Coach

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School: (918) 371- 4802, 371-2541

Cell: (918) 520-2630

Rhonda Rogers – Head Girls Track Coach

Email Address: Rrogers@collinsville.k12.ok.us

School: (918) 371- 4802

Cell: (918) 629-1686

School Address: 2400 W. Broadway
Collinsville, OK. 74021

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Order of Events

Field Events: 12:30 pm

High Jump	9B, 8B, 7B, 9G, 8G, 7G
Long Jump	9G, 8G, 7G, 9B, 8B, 7B
Pole Vault	7G, 8G, 9G, 7B, 8B, 9B
Shot	9G, 9B, 8G, 8B, 7G, 7B
Disc	7G, 7B, 8G, 8B, 9G, 9B

Running Events: 1:00 pm

Finals

400m Relay	7G, 8G, 9G, 7B, 8, 9B
3200m Relay	7G, 8G, 9G, 7B, 8B, 9B
100m Hurdles	7G, 8G, 9G
110m Hurdles	7B, 8B, 9B
800 Relay	7G, 8G, 9G, 7B, 8B, 9B
800m Run	7G, 8G, 9G, 7B, 8B, 9B
100m dash	7G, 8G, 9G, 7B, 8B, 9B
400m Dash	7G, 8G, 9G, 7B, 8B, 9B
1600m Run	7G, 8G, 9G
300m Hurdles	7G, 8G, 9G, 7B, 8B, 9B
200m Dash	7G, 8G, 9G, 7B, 8B, 9B
1600m Run	8G, 8B, 9B
1600m Relay	7G, 8G, 9G, 7B, 8B, 9B

Timed