

**COWETA JR HIGH TRACK MEET**  
**\*7<sup>th</sup> - 8<sup>th</sup> Only\* BOYS AND GIRLS**  
**Thursday April 21st, 2016**

On behalf of the Coweta Public Schools, we are extending an invitation to participate in our Jr. High School Boys and Girls Track and Field Meet. Coweta Schools has an 8 lane Track and Field Complex. **Schools planning to attend this meet must submit their entries on TrackRoster.com by completing Steps 1 - 5. The entry deadline for this meet is 10:00 PM, Monday, April 18, 2016!! – please contact [gary.tuell@cowetaps.org](mailto:gary.tuell@cowetaps.org) or [alex.elliott@cowetaps.org](mailto:alex.elliott@cowetaps.org)**

Location: Coweta High School Track and Field Complex 918-486-4474  
14705 S. 305th  
Coweta, Ok. 74429

Bus Parking: TBD . currently have field house under construction, will update when we have location

Fees: **\$75.00** for each division. **\$50 for each B Team.** \$10.00 for individuals  
Make Checks Payable to: COWETA PUBLIC SCHOOLS.

Time: A coaches meeting will be at 9:00 a.m. in the track building south of the start/finish line.  
All events will start at 9:30 am. This meet is TIMED FINALS.

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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers in each event.

Trophies: 1 team award will be awarded per division. 7<sup>th</sup> Boys Champ, 8<sup>th</sup> Girls Champ etc.  
4 Divisions: 7<sup>th</sup> Boys, 7<sup>th</sup> Girls, 8<sup>th</sup> Boys, 8<sup>th</sup> Girls.

Team Points: Awarded to top six finishers (10 . 8 . 6 . 4 . 2 - 1) in individual events  
and relays (20 . 16 . 12 . 8 . 4 . 2).

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

Restrooms/Concessions: Located underneath the stadium. No glass bottles allowed in stadium!

Dressing facilities: **NO DRESSING FACILITIES.**

Lunch Break: We will feed Coaches and workers.

**OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY**

Ashton Cooper Head JH Boys Track Coach

Bob Pool Head JH Girls Track Coach

Carl Smith Asst. JH Boys Coach

Dan Williamson Asst. JH Girls Coach

Email Address: [gary.tuell@cowetaps.org](mailto:gary.tuell@cowetaps.org)

[alex.elliott@cowetaps.org](mailto:alex.elliott@cowetaps.org)

School (918) 486-4474 Tim Johnson, AD Office# (918) 486-6103 Fax: (918) 486 7307

**\*\*\* This is now a 7<sup>th</sup> and 8<sup>th</sup> only meet\*\*\***

# ORDER OF EVENTS

**9:30 am**

400 RELAY	GIRLS	BOYS
3200 RELAY	GIRLS	BOYS
100 M HURDLES	GIRLS 30ö	
110 M HURDLES		BOYS 30ö
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	BOYS	GIRLS
***** <b>BREAK</b> *****		
400 METER DASH	GIRLS	BOYS
300 HURDLES	GIRLS 30ö	BOYS 30ö
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

**9:30am**

	<b>FIELD EVENTS</b>	
<b>POLE VAULT</b>	<b>7, 8, BOYS</b>	<b>7, 8, GIRLS</b>
<b>HIGH JUMP</b>	<b>7, 8, GIRLS</b>	<b>7, 8, BOYS</b>
<b>LONG JUMP</b>	<b>7, 8, BOYS</b>	<b>7, 8, GIRLS</b>
<b>SHOT PUT</b>	<b>7, 8, BOYS</b>	<b>7, 8, GIRLS</b>
<b>DISCUS</b>	<b>7, 8 GIRLS</b>	<b>7, 8 BOYS</b>

**NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS**

## **Qualifying Marks**

**LJ - 7G 11' 8G 11' 7B 12' 8B 13'**

**HJ - QUALIFYING MARKS WILL BE DONE AT THE COACHES MTG**

**SHOT 7G 20' 8G 20' 7B 25' 8B 30'**

**DISC 7G 50' 8G 60' 7B 70' 8B 80'**

**WE MAY ADJUST THESE IF NEEDED, PLEASE ADDRESS DURING THE COACHES MTG**

Girls will throw the shot on the upper ring behind center field