

Duncan Middle School

2016 Track Meet Information

Track Coaches:

Duncan Middle School invites you to the Duncan Middle School Track Meet to be held on **Thursday March 31, 2016.**

1. The meet will have a 7th & 8th grade division for both boys and girls.
2. The meet is sanctioned by the OSSAA.
3. Medals will be awarded to the top five places in each individual event.
4. Medals to the top three relay teams.
5. There will be NO team scores kept.
6. All running events will be timed finals.
7. A team may enter three athletes per event. Each athlete is limited to four events.
8. Runners will be heated before each event.
9. Athletes will get four jumps in the long jump and four throws in the shot and discus.
10. There will be a hospitality room for coaches.
11. ***Please submit your rosters to www.trackroster.com by Tuesday March 29, 2016.***

Coaches Meeting will begin @ 9:30 am.
All events will begin @ 10:00 am.

In case of bad weather, please contact:
Mary Leyrer (580) 656-4791 Cell
(580) 470-8106 Duncan Middle School

The Entry Fee for the meet is \$75.00 per division. Please make checks payable to DUNCAN MIDDLE SCHOOL.

Please check the appropriate divisions and return this form to Mary Leyrer if you plan to attend. Fax # (580) 470-8743.

Name of School _____

Coaches _____ Contact # _____

_____ 7th girls _____ 7th Boys _____ 8th Girls _____ 8th Boys

Duncan Middle School Track Meet
Order of Events

Coaches Meeting : 9:30 am

Field Events: 10:00 am

Shot Put ó 7B, 7G, 8B, 8G
Discus - 8B, 8G, 7G, 7B
Pole Vault ó 7B & 8B, 7G & 8G
Long Jump ó 8B, 8G, 7B, 7G
High Jump ó 7G, 7B, 8B, 8G

Running Events: 10:00 am (ALL ARE TIMED FINALS)

400 METER RELAY - 7G, 7B, 8G, 8B
3200 METER RELAY ó 7G, 7B, 8G, 8B
100 METER HURDLES ó 7G, 8G
110 METER HURDLES ó 7B, 8B
800 METER RELAY ó 7G, 8G, 7B, 8B
800 METER RUN ó 7G, 7B, 8G, 8B
100 METER DASH ó 7G, 7B, 8G, 8B
400 METER DASH ó 7G, 8G, 7B, 8B
300 METER HURDLES ó 7G, 8G, 7B, 8B
200 METER DASH ó 7G, 8G, 7B, 8B
1600 METER RUN ó 7G, 7B, 8G, 8B
1600 METER RELAY ó 7G, 7B, 8G, 8B