



**Fort Gibson JH Invitational Track Meet  
Fort Gibson High School  
Leo Donahue Tiger Stadium  
Thursday, April 7<sup>th</sup>, 2016**



Fort Gibson Athletic Department would like to invite you to our 7<sup>th</sup> annual JH Track Meet.

**Entry Fee:** \$65.00 for each team competing (Boys/Girls). \$10 for each individual if less than 4 members. Make checks payable to Fort Gibson Public Schools.

**Divisions:** There will be four divisions: 7-8 Girls and 7-8 Boys.

**Time:** 9:00 Coaches meeting. 9:30 Field Events. 10:00 Running Events.

**Limits:** Each contestant is limited to 4 events. Each school is limited to 3 contestants per event. Each school is limited to one team in each relay.

**Awards:** Medals will be awarded to individualists 1<sup>st</sup>- 4<sup>th</sup>. Relays 1<sup>st</sup>- 3<sup>rd</sup>.

**\*\*No Team points and no team awards will be given\*\***

**\*\*Coaches will be fed at lunch\*\***

**\*\*All OSSAA rules apply\*\***

**\*\*No camping on football field allowed\*\***



## ORDER OF EVENTS

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES	GIRLS	
110 M HURDLES		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS
400 METER DASH	GIRLS	BOYS
300 METER HURDLES	GIRLS	BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

### FIELD EVENTS

HIGH JUMP	7 <sup>TH</sup> , 8 <sup>TH</sup> GIRLS	7 <sup>TH</sup> , 8 <sup>TH</sup> BOYS
LONG JUMP	7 <sup>TH</sup> , 8 <sup>TH</sup> BOYS	7 <sup>TH</sup> , 8 <sup>TH</sup> GIRLS
SHOT PUT	7 <sup>TH</sup> , 8 <sup>TH</sup> BOYS	7 <sup>TH</sup> , 8 <sup>TH</sup> GIRLS
DISCUS	7 <sup>TH</sup> , 8 <sup>TH</sup> GIRLS	7 <sup>TH</sup> , 8 <sup>TH</sup> BOYS

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

### HEIGHTS and MARKS

HIGH JUMP-	GIRLS: 7 <sup>th</sup> - 4' 8 <sup>th</sup> - 4'2	BOYS: 7 <sup>th</sup> - 4'2 8 <sup>th</sup> - 4'4
SHOT-	GIRLS: 7 <sup>th</sup> - 20' 8 <sup>th</sup> - 25'	BOYS: 7 <sup>th</sup> - 30' 8 <sup>th</sup> - 35'
DISCUS-	GIRLS: 7 <sup>th</sup> - 50' 8 <sup>th</sup> - 60'	BOYS: 7 <sup>th</sup> - 70' 8 <sup>th</sup> - 80'