

Dear Track Coach:

Heavener High School will be hosting their annual Heavener Invitational High School track meet. The meet will consist of 2 divisions including high school boys and girls. Medals will be awarded to the top three in each event. The entry fee will be \$90.00 per division. If you do not confirm with us by April 1, it will be \$100 per division. For teams of four or less, the cost will be \$10.00 per person. First place and runner up plaques will be awarded for each division.

The high school meet will be held on **Tuesday, April 5 2016**. Coaches meeting at 9:30 a.m. and the meet starting at 10:00 am. Blocks will be provided, but you are welcome to bring your own. Please return the enclosed entry form as soon as possible. Limited space will be available. If you have any questions, please contact Ray West (Head Track Coach) at (918) 653-4307 or (479) 719-5303 cell. Fax (918) 653-2724.

Limitations: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Three (3) throws will be allowed in the shot and discus and three (3) jumps in the long jump. ¼ inch spikes' or shorter are required.

Team Points: Individual events – Awarded 1st through 6th places (10-8-6-4-2-1); Relays – Awarded 1st through 6th places (20-16-12-8-4-2).

See you in the spring,

Ray West

**Heavener Public Schools
High School
Track Entry Form**

H.S. Boys _____ Cost: \$90

H.S. Girls _____ Cost: \$90

School:

*Reminder: Teams with 4 or less athletes
with be charged \$10 per person.*

Phone #:

*Please return as soon as possible so we can
begin preparing for these track meets.*

Coach:

Method of Payment:

Send _____

Bring _____

HEAVENER HIGH SCHOOL INVITATIONAL TRACK MEET
EVENT LIST

NO TEAM CAMPS ON TRACK INFIELD and OSSAA RULES WILL APPLY

FIELD EVENTS

SHOT PUT (H.S. BOYS / H.S. GIRLS)
LONG JUMP (GIRLS / BOYS)
DISCUS (GIRLS / BOYS)
HIGH JUMP (BOYS / GIRLS)

RUNNING ORDER ó GIRLS ó BOYS

RUNNING EVENTS

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