

# HK TRACK

## HENRYETTA JOHN 'JP' PHILIPPE INVITATIONAL

### HIGH SCHOOL MEET

DATE: MARCH 25, 2016

TIMES: COACHES MEETING 9:00 am

FIELD EVENTS 9:30 am

RUNNING EVENTS 10:00 am

Henryetta Public Schools would like to extend to you an invitation to participate in the High School Boys and Girls, Henryetta John 'JP' Philippe Track and Field Meet. We have a six-lane "all weather" surface. Information for the meet is as follows:

ENTRY FEE: \$90.00 for each boys and \$90.00 for each girl's team. If a team is less than four it will be \$10.00 per individual. Payable to: Henryetta Public Schools

DIVISIONS: There will be two (2) divisions: 3A/Below Boys – 3A/Below Girls

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. There will be both boys and girls pole vault.

Awards: Medals will be awarded up to five (5) places in individual events and only three (3) places will be awarded medals in relay events.

Trophies: Trophies will be awarded to both the girls and boys Champion and Runner-Up teams. A "Coaches Award" will be given to the winning coach for both boys and girls teams.

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

Equipment: Each team will need to bring their own blocks. ¼ inch spikes' or shorter are required.

THERE WILL BE A COACHES MEAL AFTER THE 100 DASH (subject to time change). A CONCESSION STAND WILL BE AVAILABLE. WE HOPE THAT YOUR TEAMS CAN ATTEND. IF YOU HAVE ANY QUESTIONS OR IF INCLEMENT WEATHER ARISES, YOU MAY CALL THE FOLLOWING:

Brent Wion: MS Office: 918-652-6578 or cell 918-652-1094

Tim Gillispie: MS Office: 918-652-6578 or cell 918-906-7783

# HK TRACK

## ORDER OF EVENTS

### FIELD EVENTS – 9:30 AM

SHOT PUT	B-G
DISCUS	G-B
LONG JUMP	B-G
HIGH JUMP	G-B
POLE VAULT	B-G

### TIMED FINALS – 10:00 AM

400 RELAY	G-B
3200 RELAY	G-B
100 HURDLES	G
110 HURDLES	B
3200 RUN	B
800 RELAY	G-B
800 RUN	G-B
100 DASH	G-B

### BREAK

3200 RUN	G
400 DASH	G-B
300 HURDLES	G-B
200 DASH	G-B
1600 RUN	G-B
1600 RELAY	G-B