

JENKS TROJAN MIDDLE SCHOOL TRACK INVITATIONAL

APRIL 12TH, 2016

TEAM: There will be an 8 team limit; first 8 teams to contact will participate.

TIME: Coaches Meeting 3:30pm; All Events Start At 3:45pm

ENTRIES: There will be an 8th grade Girls/Boys Division and 9th Grade Girls/Boys Division. We will be using EnduroEntries and you must contact Coach Graddy for the code.

PLACING: All running events will be timed finals. Field events will be 3 attempts only.

AWARDS: Medals will be awarded, 1st thru 5th place on individual events and 1st – 3rd on relays. There will be no team score kept and no team trophies awarded.

HEATING: We will heat in the middle of the field at the heating table. Please try to let your kids know that you want the fastest kid in the 1st heat.

LIMITATIONS: ¼ inch spikes required. Starting blocks will be provided. You must provide your own Relay marking material (NO TAPE).

ENTRY FEE: \$75 for each Division. Please bring a check with you or mail it previous to track meet. Make Checks Payable to: **JENKS ATHLETIC DEPARTMENT**

CONTACT:

Rachael Graddy
Jenks Freshman Academy
205 E. B St.
Jenks, OK 74037
Work: 918-299-4415 ext. 3101
Email: rachael.graddy@jenksps.org

3:45 FIELD EVENTS

HIGH JUMP 8B, 9B – 8G, 9G
POLE VAULT 8G, 9G – 8B, 9B
LONG JUMP 8G, 9G – 8B, 9B
SHOT 8B, 9B – 8G, 9G
DISCUS 8G, 9G – 8B, 9B

3:45 RUNNING EVENTS

400m RELAY 8G, 9G – 8B, 9B
3200m RELAY 8G, 9G – 8B, 9B
100m HURDLES 7G, 8G
110m HURDLES 7B, 8B
100m DASH 8G, 9G – 8B, 9B
800m RUN 8G, 9G – 8B, 9B
800m RELAY 8G, 9G – 8B, 9B
400m DASH 8G, 9G – 8B, 9B
300m HURDLES 8G, 9G – 8B, 9B
200m DASH 8G, 9G – 8B, 9B
1600m RUN 8G, 9G – 8B, 9B
1600m RELAY 8G, 9G – 8B, 9B