

**Bishop McGuinness Catholic High School
7th and 8th Grade Track Meet
Monday MARCH 28, 2016**

Dear Coach,

January 5, 2016

Bishop McGuinness will host its annual Irish Jr. High Track Classic on Monday, March 28, 2016. I hope we can avoid the bad weather that caused us to cancel the meet last year. There will not be any 3200m Runs in any division.

The meet will include boys and girls competing in separate divisions for 7th and 8th grade only. The cost of the meet will be \$75.00 per team per division. Medals will be awarded to the top 5 individuals in each of the open events, top 3 teams in each relay and trophies will be given to the top team in each division. Each athlete is limited to 4 events, including relay participation. Each school is limited to 3 individuals per open event and 1 relay team per race. You may enter a B team for additional team entry fee of \$50.00. In field events, contestants will be allowed 4 attempts total. Starting heights in high jump and pole vault will be determined at coaches meeting.

There will be a coaches meeting at 9:00 AM in the field house and all running and field events will begin promptly at 9:30 AM.

The track is a 6 lane polyurethane surface. Your athletes are allowed to wear track spikes but they cannot exceed the 1/4-inch length. Shoes of all contestants will be checked at all events.

This will be a sanctioned meet by the Oklahoma Secondary Activities Association, and all rules will apply.

All team entries must be completed on-line: www.enduroentries.com (TrackRoster). Coaches must complete Steps #2 - #5 to complete their team's on-line entries. You must add the "Bishop McGuinness Junior High" to your on-line schedule, and enter your athletes in the meet.

**The entry deadline for this meet is Friday, March 25, 8:00pm
www.enduroentries.com**

There is no entry on day of meet.

Question, please contact Scott Stevenson, sstevenson@bmchs.org

Best Wishes,
Scott Stevenson (Boys Head Coach)
Matt George (Girls Head Coach)

In Case of bad Weather: Call (405) 255-5723
Address: 801 NW 50th Okc, OK 73118

BISHOP MCGUINNESS JUNIOR HIGH

Monday March 28, 2016

Coaches Meeting 9:00 AM

First Race 9:30 AM

400 meter Relay	7th, 8th Girls / 7th, 8th Boys
3200m Relay	7th, 8th Girls / 7th, 8th Boys
100m Hurdles	7th, 8th Girls
110m Hurdles	7th, 8th Boys
800m Relay	7th, 8th Girls / 7th, 8th Boys
800m Run	7th, 8th Girls / 7th, 8th Boys
100m Dash	7th, 8th Girls / 7th, 8th Boys
400m Dash	7th, 8th Girls / 7th, 8th Boys
300m Hurdles	7th, 8th Girls
300m Hurdles	7th, 8th Boys
200m Dash	7th, 8th Girls / 7th, 8th Boys
1600m Run	7th, 8th Girls / 7th, 8th Boys
1600m Relay	7th, 8th Girls / 7th, 8th Boys

FIELD EVENTS Times are approximate; we will have a running schedule for field events.

9:30 AM	8th, 7th Boys Long Jump 7th, 8th Girls High Jump 7th, 8 th Girls Discus 7th, 8th Boys Shot Put 7th, 8th Boys Pole Vault (Will jump at the same time)
12:00 PM	8th, 7th Girls Long Jump 7th, 8th Boys High Jump 7th, 8th Boys Discus 7th, 8th Girls Shot Put 7th, 8th Girls Pole Vault (Will jump at the same time)