

Metro Lakes Conference Track & Field Championships 2016

Collinsville High School
Junior High (7th & 8th): April 30, 2016
High School (9th & V): April 28, 2016

On behalf of Collinsville Public Schools we would like to welcome you and your athletes to the 2015 Metro Lakes Conference Track & Field Championships.

ATTENTION COACHES: The On-line Entry DEADLINE for our meet is the day before the meet @ 5pm. (((The meet will be CLOSED at 5pm!))) No late entries accepted. - - - Schools planning to attend this meet must submit their entries on the "ENDURO Entries" website by completing ALL FIVE (5) On-line Steps. Please log into your ENDURO Entries (TrackRoster) account at: www.enduroentries.com

Conference Workers Schedule

HJ - Claremore
PV ó Skiatook
LJ - Pryor
Shot - Tahlequah
Discus - Coweta
Heating/Timing ó Collinsville
Exchange 1 ó Pryor
Exchange 2 ó Grove (4x100 and 4x200)
Exchange 3 - Glenpool

Announcer ó Collinsville
Medals ó Collinsville

Junior High Order of Events

Coaches Meeting 10:00am

Field Events 10:30am

High Jump	7G, 8G, 7B, 8B
Long Jump	7B, 8B, 7G, 8G
Shot	7G, 8G, 7B, 8B
Discus	7B, 8B, 7G, 8G
Pole Vault	7G, 8G, 7B, 8B

Minimum Measurements/Opening Heights

SHOT	BOYS 7 - 25ø 8 - 30ø	GIRLS 7 - 20ø 8 - 25ø
DISC	BOYS 7 - 70ø 8 - 80ø	GIRLS 7 - 50ø 8 - 60ø
HIGH JUMP	BOYS 7 - 4ø6ö, 8 - 4ø8ö	GIRLS 7 - 4ø 8 - 4ø2ö
POLE VAULT	BOYS 7 - 6ø 8 - 7ø	GIRLS 7 - LOW, 8 - 6ö

Timed Finals 11:00am

We will operate on a rolling schedule, times listed are approximate start times

11:00	400 RELAY	7G, 8G, 7B, 8B
11:10	3200 RELAY	7G, 8G, 7B, 8B
11:40	100 H 30"	7G, 8G
11:50	110 H 33"	7B, 8B
12:00	800 RELAY	7G, 8G, 7B, 8B
12:15	800 RUN	7G, 8G, 7B, 8B
12:30	100 M DASH	7G, 8G, 7B, 8B
12:50	400 M DASH	7G, 8G, 7B, 8B
1:10	300 H 30"	7G, 8G, 7B, 8B
1:25	200 M DASH	7G, 8G, 7B, 8B
1:40	1600 RUN	7G, 8G, 7B, 8B
2:10	1600 RELAY	7G, 8G, 7B, 8B