



METRO LAKES CONFERENCE

2016 TRACK & FIELD CHAMPIONSHIPS

Tahlequah High School
High School (9th & V): April, 28, 2016

On behalf of Tahlequah Public Schools we would like to welcome you and your athletes to the 2016 Metro Lakes Conference Track & Field Championships. We will be using FAT timing and scoring for the meet and request that every team, 9th thru HS, enter their rosters prior to the meet at www.enduroentries.com. If you do not have an account you can set one up by following the directions on the main page. Once you open an account please follow the following steps:

- (1) Enter your athletes on ENDUROENTRIES;
- (2) Add the meet to your on-line schedule;
- (3) Enter desired athletes from your roster in the meet and appropriate division (9-HS)

Heating/ Athlete Check-in

Each athlete will be assigned a competitor number. Head coaches will receive an email the day prior to the event with their respective athlete's competitor numbers. Athlete's competitor number is to be written on their left hand with permanent marker. Athletes will check-in for their respective events and show the clerk their competitor number that shall be written on their left hand. Field event athletes shall check-in at their event sites. Running events will check-in at the white shed at west end of the track in order to be placed in appropriate heats. Distance events and relays not finishing in lanes will report to the start line and places will be recorded in a chute at the finish using the athlete's competition number.

Conference Workers Schedule

HJ - Claremore
PV – Skiatook
LJ - Pryor
Shot - Tahlequah
Discus - Coweta
Back-up Timer - Tahlequah
Exchange 1 - Collinsville
Exchange 2 - Grove (4X1 and 4X2)
Exchange 3 – Glenpool



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High School Schedule of Events

Coaches Meeting 10:00 am

Field Events

10:30 a.m.	High Jump	HSB, HSG, 9B, 9G
	Long Jump	HSG, HSB, 9G, 9B
	Shot	HSG, HSB, 9G, 9B
	Discus	HSB, HSG, 9B, 9G
	Pole Vault	HSG, HSB, 9G, 9B

Minimum Measurements/Opening Heights

Shot		Discus	
Boys	Girls	Boys	Girls
9 th – 40'	9 th – 25'	9 th – 80'	9 th – 60'
HS – 40'	HS – 30'	HS – 120'	HS – 80'

High Jump		Pole Vault	
Boys	Girls	Boys	Girls
9 th – 4' 10"	9 th – 4' 4"	9 th – 8'	9 th – 6'
HS – 5'6"	HS – 4'6"	HS – 10'	HS – 7'

Timed Finals 11:00am

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

11:00	400 Relay	9-HS Girls, 9-HS Boys
11:10	3200 Relay	All Girls, All Boys
11:35	100 Hurdles	9-HS Girls (9-HS 33in)
11:45	110 Hurdles	9-HS Boys (9-36 in, HS 39in)
11:55	3200 Run	All Girls, All Boys
12:30	800 Relay	9-HS Girls, 9-HS Boys
12:45	Break	
1:30	800 Run	9-HS Girls, 9-HS Boys
1:45	100 M Dash	9-HS Girls, 9-HS Boys
2:05	400 M Dash	9-HS Girls, 9-HS Boys
2:20	300 M Hurdles	9-HS Girls, 9-HS Boys (9-HS 36in)
2:35	200 M Dash	9-HS Girls, 9-HS Boys
2:45	1600 Run	9-HS Girls, 9-HS Boys
3:20	1600 Relay	9-HS Girls, 9-HS Boys

**We will combine B&G in each division for the 3200m Relay as well as run the 9th grade and HS 3200m runs respectively.

