

MIAMI HIGH SCHOOL

2000 E. Central
Miami, OK 74354
918-542-4421(phone)
918-542-7421(fax)

Dear Coach,

On behalf of the Miami Public School system, we extend to you and your school system a sincere invitation to participate in our track field meets. We will be hosting 1 high school meet and 1 junior meet. The high school meet will have 4 divisions (3A-under boys, 3A-under girls, 4A/5A boys, 4A/5A girls)

We will be giving medals to the top 4 placers in each event. We will keep team points, but **will not** give out team plaques.

Our track is an 8-lane, high performance, surface located on the northeast side of the high school. *Please use ¼” spikes or less.* We will use an electronic timing system.

Our athletic department has selected the following dates for our meets. Please email mlefay@miami.k12.ok.us and let us know how many coaches will be eating the coaches meal.

Sincerely,

Rick Simpson
Head H.S. Boys
rsimpson@miami.k12.ok.us
918-541-7595

Matt LeFay
Head H.S. Girls
mlefay@miami.k12.ok.us
918-533-1282

James Cheatham
Athletic Director
jcheatham@miami.k12.ok.us
918-724-1014

THURSDAY, April 14th Varsity (4A/5A) (3A and under)

FOUR DIVISIONS – 4A/5A Boys, 4A/5A Girls, 3A & under Boys, 3A & under Girls

Coaches meeting: 9:30 a.m. \$90 per HS/per division
Meet starts: 10:00 a.m. \$18 per individual (5 or less)

MONDAY, April 18th 7-8 (5A and under)

FOUR DIVISIONS – 7TH BOYS & GIRLS, 8TH BOYS & GIRLS

Coaches meeting: 9:30 a.m. \$70 per JH/per division
Meet starts: 10:00 a.m. \$14 per individual (5 or less)

HS ORDER OF EVENTS

Field Events – 10:00 a.m.

High Jump: 3A Girls, 4A/5A Girls, 3A Boys, 4A/5A Boys

Long Jump: 4A/5A Boys, 3A Boys, 4A/5A Girls, 3A Girls

Discus: 3A Girls, 3A Boys, 4A/5A Girls, 4A/5A Boys

Shot Put: 4A/5A Boys, 4A/5A Girls, 3A Boys, 3A Girls

Pole Vault: 3A Boys, 4A/5A Boys, 3A Girls, 4A/5A Girls

Timed Finals Meet – 10:15 (3A Girls, 4A/5A Girls, 3A Boys, 4A/5A Boys)

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles – 33” (girls)

110 Meter Hurdles – 39” (boys)

3200 Meter Run – (boys)

800 Meter Relay

800 Meter Run

100 Meter Dash

BREAK

3200 Meter Run – (girls)

400 Meter Dash

300 Meter Hurdles – 30” (girls)

300 Meter Hurdles – 36” (boys)

200 Meter Dash

1600 Meter Run

1600 Meter Relay

JUNIOR HIGH ORDER OF EVENTS

Field Events – 10:00 a.m.

High Jump: 7G-8G-7B-8B

Long Jump: 8G-7B-8B-7G

Shot: 7G-8G-7B-8B

Discus: 7B-8B-7G-8G

Pole Vault: 8B-7B-8G-7G

Timed Finals – 10:15 a.m. (3200 relay could be combined boys/girls)

400 Meter Relay 7G-8G-7B-8B

3200 Meter Relay 7G-7B-8G-8B

100 Meter Hurdles 7G-8G

110 Meter Hurdles 7B-8B

800 Relay 7G-8G-7B-8B

800 Run 7G-8G-7B-8B

100 Meter Dash 7G-8G-7B-8B

400 Meter Dash 7G-8G-7B-8B

300 Meter Hurdles 7G-8G-7B-8B

200 Meter Dash 7G-8G-7B-8B

1600 Meter Run 7G-8G-7B-8B

1600 Meter Relay 7G-8G-7B-8B