

Midwest City High School
Invitational Track and Field Meet

Date: Thursday, April 21th, 2016

Time: 3:25 pm Coaches Meeting
4:00 pm Field Events
4:15 pm Running Events

Cost: \$90.00 per team.
Send Entry Fee to:
Midwest City High School
Attention: Debi Seirafi-pour
213 Elm Street
Midwest City, OK 73130

General:

- 4 event limit per contestant
- Each school may enter 4 individuals per event
- Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
- Participants must wear ¼ " or less spikes
- No tape on track
- Contestants will be heated up on field
- Awards may be picked up at the press box following 1600-meter relay
- Trophies will be awarded to the top two teams
- Medals will be awarded to the top 3 places
- Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals
- \$90.00 for each boys and girls team. \$10.00 per individual if 5 or less team members. There will be boys and girls. (No B Teams)

Place: Rose Field, 701 East Lockheed Ave., Midwest City, OK 73130

Contact: If you wish to attend you must email me at **tthomas@mid-del.net**
We will only allow 12 teams this year.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 – 5 for "Seeded Entries" meets. The entry deadline for this meet is April 20, 2016 at 5:00pm. This is a Seeded Entries meet. Log into your TrackRoster at www.trackroster.com.

Midwest City High School
Invitational Track and Field Meet

3:25 pm Coaches Meeting (On Football Field)
4:00 pm Field Events
4:15 pm Running events and timed finals

Field Events - 4:00 pm

High Jump	Girls – Boys
Long Jump	Boys – Girls
Discus	Girls – Boys
Shot	Boys – Girls
Pole Vault	Boys – Girls

Running Events – 4:30 pm

4 x 100 Relay	Girls – Boys
4 x 800 Relay	Girls – Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (39)
3200 Run	Girls – Boys
4 x 200 Relay	Girls – Boys
800 Dash	Girls – Boys
100 Dash	Girls – Boys
400 Dash	Girls – Boys
300 Hurdles	Girls (30)
300 Hurdles	Boys (30)
200 Dash	Girls – Boys
1600 Run	Girls – Boys
4 x 400 Relay	Girls – Boys