

2016 MMSAC Conference Track Meet

Stillwater High School

Saturday April 16, 2016

- Location:** Pioneer Stadium - 1224 N Husband St, Stillwater, OK 74075
- Teams:** Deer Creek, Edmond Central, Edmond Cheyenne, Edmond Cimarron, Edmond Sequoyah, Edmond Summit, Mustang, Mustang North, Stillwater, Yukon
- Divisions:** 7th grade boys & girls, 8th grade boys & girls
- Cost:** \$100 per division or \$400 per school
Payable to Stillwater Junior High Athletics – 1900 N. Skyline Dr. Stillwater, Ok 74075
- Time:** 9:00 am – Coaches Meeting
9:30 am – Running & Field Events

Schools must submit their entries on TrackRoster.com by completing Steps 1 - 6 for "Seeded" meets. The entry deadline for this meet is 5pm, Friday, April 15, 2016!! There will be no additions to entries after this deadline or day of the meet. Scratches can be made at the meet.

- General:** Exchange Zone Judges – 4x1 (Mustang, Mustang North, Yukon)
4x2 (Deer Creek)

- Heating benches will be in the south end zone.
- No finals in field events. Each athlete will receive 3 jumps – 3 throws
- Each school may enter 3 individuals per event. 1 relay team per event.
- Limit 4 Events per contestant.
- No “B” teams.
- There will be minimum qualifying marks in throws and jumps. Each athlete will have at least one jump or throw measured at their request.
- Starting heights and qualifying marks will be determined through pre-heating on Enduro.com
- Hurdles: girls’ 30”/boys’ 110H 33”/300H 30”
- Medals will be awarded for 1st through 6th place. Relays will medal 1st through 3rd place. 1st place team in each division will receive championship banner (via conference).

Contact: Brian Warwick – 405-707-5300, bwarwick@stillwaterschools.com

Order of Events

9:00 am - Coaches Meeting

9:30 am - Field Events

9:30 am - Running events

Field Events – 9:30 am

High jump - 7B-8B-7G-8G

Long jump - 7G-8G-7B-8B

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

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

Pole vault – 7/8B - 7/8G

Running Events – 9:30 am

400 Relay - 7th G/B 8th G/B

3200 Relay - 7th G/B 8th G/B

100 Hurdles (30) - 7th Girls – 8th Girls

110 Hurdles (33) - 7th Boys – 8th Boys

800 Relay - 7th G/B 8th G/B

800 Dash - 7th G/B 8th G/B

100 Dash - 7th G/B 8th G/B

400 Dash - 7th G/B 8th G/B

300 Hurdles - 7th G/B 8th G/B

200 Dash Girls - 7th G/B 8th G/B

1600 Run Girls - 7th G/B 8th G/B

1600 Relay - 7th G/B 8th G/B

