

# Mid South Athletic Conference Track Meet

Saturday, April 23, 2016

Norman High School

## General Information:

- 4 Divisions - 7G, 7B, 8G, 8B
- 4 event limit per contestant
- Each school may enter 3 contestants per event
- Team scoring will be 10-8-6-4-2-1 for individual events and 20-16-12-8-4-2 for relays
- Medals will be given to the top 3 in each event per division and top team in each division
- Awards may be picked up in the press box following the 4x400 relay
- Timing will be done by Enduro. Teams must submit their entries to TrackRoster by completing steps 1-5. The entry deadline is Tuesday, April 19, 2016. **THIS IS A SEEDED MEET. No late entries will be accepted.**
- Coaches Meeting at 9am
- Field events begin at 9:30am; Running Events at 10:00am
- School responsibilities:
  - Longfellow - Start/Finish Line; Heating Area
  - Alcott - Pole Vault; Exchange Zone 2 4x200
  - Irving - High Jump; Exchange Zone 2 4x100
  - Whittier - Long Jump; Exchange Zone 3 4x100
  - Moore - Shot Put; Hurdle Set Up
  - Westmoore - Discus; Hurdle Set Up
  - Southmoore - Exchange Zone 1 4x100; Exchange Zone 1 4x200
- Contact Information: Courtney Norton [camason@norman.k12.ok.us](mailto:camason@norman.k12.ok.us)

Longfellow Middle School 405.550.9131

# Mid State Conference Track Meet

## Order of Events

**Coaches Meeting** - 9am (Heating Area)

**Field Events** - 9:30am

High Jump 8B/7B/8G/7G

Long Jump 8G/7G/8B/7B

Pole Vault 7B/8B/7G/8G

Shot Put 8B/7B/8G/7G

Discus 7G/8G/7B/8B

**Running Events** - 10:00am 7G/8G/7B/8B

4x100 Relay

4x800 Relay

100 Hurdles (girls)

110 Hurdles (boys)

3200 Meter

4x200 Relay

800 Meter

100 Meter

400 Meter

300 Hurdles

200 Meter

1600 Meter

4x400 Relay