

**2<sup>nd</sup> Annual Jr. High Muskogee Rougher Relays,  
Thursday, April 7<sup>th</sup>, 2016**

On behalf of the Muskogee Public School System, we would like to extend to you and your teams a sincere invitation to participate in our Jr. High Boys and Girls Track and Field Relay Competition. The following will give you the information you need for the meet. This will be a timed finals meet. It will be field events and relays only, we are taking the first 7 teams that let me know they are coming.

**ENTRY FEE:** \$70.00 for each boys team and each girls team. No B teams or individual entries. We will take the first 7 team entries. Each Team will be assigned a lane and they will keep that lane the entire meet. **THERE WILL NOT BE A POLE VAULT COMPETITION IN THIS MEET** (Please make checks payable to Muskogee High School Athletic Dept.)

**TIME:** All teams report to Muskogee Track by 11:30 p.m. for coaches meeting. Field events will begin at 12:00. All running events start at 1:00 p.m.

**DIVISIONS:** There will be 4 DIVISIONS 7<sup>th</sup> Boys, 8<sup>th</sup> Boys, 7<sup>th</sup> Girls, 8<sup>th</sup> Girls. EACH ATHLETE IS ONLY ALLOWED 3 ENTRIES (EXAMPLE: ONE ATHLETE COULD ENTER 1 FIELD EVENT AND 2 RELAYS OR HE OR SHE COULD ENTER 3 RELAYS ECT.

**MEDALS:** We will give medals to the first Three placers.

**TEAM POINTS:** No points will be awarded, we will not score this meet; Medals will be given to the first three placers.

**EQUIPMENT:** Muskogee will furnish all starting blocks to contestants. Spikes ¼ö or shorter are allowed.

**COACHES:** Timing will be hand held; We may need some assistance at the finish line with a watch if we are short handed; Thanks for your cooperation.

**OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY.**

Angie Hillman  
Girls Coach  
Cell: 918-685-9785  
School Phone: 684-3750

David Heath  
Boys Coach  
Cell: 918-869-7958  
School Phone: 684-3740  
e-mail: [david-heath@mpsi20.org](mailto:david-heath@mpsi20.org)

**Please notify me or the Athletic Dept. by April 4<sup>th</sup> if you plan to attend.  
Athletic Director: Garrett Davis 918-684-3750 Fax: 918-684-3893**

\_\_\_\_\_ YES We plan to participate in the Jr. High Muskogee Rougher Relays on Monday, April 15<sup>th</sup>, at  
12:00 p.m.  
\_\_\_\_\_ School, \_\_\_\_\_ Boys, \_\_\_\_\_ Girls, \_\_\_\_\_ # Coaches

**MUSKOGEE ROUGHER RELAYS  
JR. HIGH  
TRACK MEET SCHEDULE**

**FIELD EVENTS:**

**12:00 P.M.**

HIGH JUMP	7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS, 7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS
LONG JUMP	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS
SHOT	7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS, 7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS
DISCUS	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS

**RUNNING EVENTS:**

**1:00 (TIMED FINALS)**

BOYS	3200 METER RELAY	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup>
	400 METER REAY	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS
	THROWERS 400 RELAY	7 <sup>TH</sup> GIRLS , 8 <sup>TH</sup> GIRLS
	DISTANCE MEDLEY (200, 200, 400, 800)	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS
	<b>BREAK (15 MINUTES)</b>	
	800 METER RELAY (200, 200, 200, 200)	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS
	THROWERS 400 RELAY	7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS
	SPRINT MEDLEY (100, 100, 200, 400)	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS
	1600 METER REALY	7 <sup>TH</sup> GIRLS, 8 <sup>TH</sup> GIRLS, 7 <sup>TH</sup> BOYS, 8 <sup>TH</sup> BOYS