

THE 47th ANNUAL CLINTON GROVES 7th & 8th GRADE JARMAN INVITATIONAL TRACK MEET

WHEN & WHERE

The event will be held on **Thursday April 7th, 2016**. The school address is 5 W. MacArthur Dr, Midwest City, Ok. If you have any questions, feel free to call (405) 739-1771.

ENTRY FEES

There will be 4 divisions during the meet; 8th Boys, 8th Girls, 7th Boys and 7th Girls. There will be a **\$90 entry fee per division.** Please make checks payable to Jarman Middle School. Please indicate grade, gender and school when making payment, for example 8th Boys & Girls (\$180), 7th Boys only (\$90)

SCORING

Scoring will be 10 pts for 1st, 8 for 2nd, 6 for 3rd, 4 for 4th, 2 for 5th, and 1 for 6th (10,8,6,4,2,1). All events will be timed finals, points are doubled for relays. There will be NO qualifying for field events. Each contestant will be allowed 3 attempts/scratches. The top 6 will count toward team points.

AWARDS

Individual medals will be awarded to the top three places and team trophies will be awarded to the top two teams. All medals and trophies will be handed out at the conclusion of the meet.

IMPORTANT TIMES

8:30 a.m. ó Coaches meeting will be held downstairs in the home locker room.

9:00 a.m. ó First call for running events.

CONCESSIONS and GATE FEES

Hot foods, drinks and snack items will be available for purchase by athletes and spectators. Donuts, coffee, juice and a hot lunch will be provided for coaches. Gate fee for all spectators will be ó Adults \$3, Students \$2, Senior Citizens free.

RULES

Nothing that will puncture the field is allowed on the turf area. This includes tent stakes.

No sunflower seeds in track and turf area.

No chairs allowed on track or on turf

No tables allowed on track and only tables with flat bases will be allowed on turf

Benches with flat bases allowed on turf only. Benches are to be kept off of track at all times.

All trash must be picked up and put in trash receptacles by each group or groups immediately after using the facility.

Do not climb or jump fencing, no leaning or pulling on gates and fencing

Do not track mud on track or turf.

All weather surface- **short spikes only**

A student may enter up to **four** events in one grade division.

All **warm-ups** will be conducted **outside** (south) of the stadium on the practice field.

All spectators are to remain off the infield. Only those participants who are about to run are permitted on the field at any time.

All **camp**s will be located in the reserved section of concrete bleachers on the south side of Rose Field (press box side).

In the event an appeal is needed, an appeal committee will be selected during the morning coaches meeting. **The decisions of the appeals committee are final.**

ORDER OF RUNNING EVENTS (9:00 a.m. start)

4 X 800	Girls-Boys
4 X 100	Girls-Boys
100 Hurdles	Girls
110 Hurdles	Boys
100	Girls-Boys
400	Girls-Boys
4 X 200 Relay	Girls-Boys
800	Girls-Boys
200	Girls-Boys
300 Hurdles	Girls-Boys
1600	Girls-Boys
1600 Relay	Girls-Boys

ORDER OF FIELD EVENTS (9:00 a.m. start)

Field events are All Finals format, no qualifying rounds. Each contestant is allowed 3 attempts/scratches. Top 6 contestants count toward team points.

Discus Girls-Boys 7-8

Shot Boys-Girls 7-8

Long Jump Boys-Girls 7-8

High Jump Girls-Boys 8-7

****Starting heights for High Jump:**

7th Girls 4 ft start

7th Boys 4.5 ft start

8th Girls 4.5 ft start

8th Boys 5 ft start

If you have any questions, feel free to call Buck DeQuasie, Kim Miller or John Hancock at (405) 739-1771.