

Norman Junior High Track Classic
Saturday, March 26 , 2016
Norman High School
Norman, Oklahoma

On behalf of the Norman Public Schools, we would like to extend an invitation to participate in our boys and girls junior high track meet. The meet will be held on Saturday, March 26, 2016, and will have two divisions of boys and girls (7th& 8th grade)

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 – 5. The entry deadline for this meet is Tuesday, March 23rd by 5:00pm. This is a Roster Only meet. Log into your TrackRoster account at: *NO LATE ENTRIES*******

Time Line:

9:00 Coaches meeting (in hospitality room, southwest of track)
9:30 Field events begin
10:00 Running events begin

General:

- * 4 event limit per contestant
- * Each school may enter 3 individuals per event
- * Team scoring will be 10-8-6-4-2-1 for individuals, relays will be doubled
- * Participants must wear ¼" or less spikes
- * Athletes will be heated up on the football field (east side)
- * Awards may be picked up at the press box following the 1,600-meter relay
- * Trophies will be awarded to the top two teams in each of the four divisions
- * Medals will be awarded to the top three places
- * Shot, disc, and the long jump will get four attempts total
- * Cost is \$70 for each boys & girls teams, \$15/individual. There will be four divisions (7G, 7B, 8G, 8B)
- * B Teams are welcome at full team price

Entry Fee: \$70.00 per team

Please E-mail or call and let us know if you plan on participating prior to March 23!!!!

Mail Entry Fee To:

Alcott Middle School
Attn: Scott Monnard
1919 West Boyd Norman, Okla. 73069

Contact Information: Scott Monnard (405) 420-5951 (cell)
smonnard@norman.k12.ok.us

SCHEDULE OF EVENTS
Saturday, March 26, 2016

9:00 Coaches Meeting (in hospitality room, southwest of track)

9:30 Field Events

10:00 Running Events and timed finals

Field Events start at 9:30

High Jump Boys-Girls (8B-7B-8G-7G)

Long Jump Girls-Boys (8G-7G-8B-7B)

Discus Girls-Boys (7G-8G-7B-8B)

Shot Boys-Girls (8B-7B-8G-7G)

Pole Vault Boys-Girls (7B-8B-7G-8G)

Running Events start at 10:00 (7G-8G-7B-8B)

4 x 100 Relay Girls-Boys

4 x 800 Relay Girls-Boys

100 Hurdles Girls

110 Hurdles Boys

4 x 200 Relay Girls-Boys

800 Dash Girls-Boys

100 Dash Girls-Boys

3200 Run (7B/ 7G together)-(8B/8G together)

**In place of the break, we have decided to run 7th grade 3200 and 8th grade 3200 separately

400 Dash Girls-Boys

300 Hurdles Girls-Boys

200 Dash Girls-Boys

1600 Run Girls-Boys

4 x 400 Relay Girls-Boys