

# **OWASSO JUNIOR HIGH TRACK MEET**

## **7<sup>th</sup> / 8<sup>th</sup>**

- DATE: Thursday March 31st, 2016
- TIME: 10:00am Coaches Meeting / 10:15 Field Events and Running Events
- ENTRIES: We will have 4 divisions: 7th boys, 7th girls, 8th boys and 8th girls.
- ENTRY FEE: \$80.00 per Division. \$160 for 7th grade and \$160 for 8th grade. B Teams are welcome at the same price. Please bring check with you, or let me know that "The check is in the mail".
- AWARDS: Medals to the first three places in each event. A team trophy will be awarded to the first place team.
- PLACING: All events are final.
- HEATING: We will heat everyone at the start-finish line.
- LIMITATIONS: Short (1/4) spikes. Starting blocks will be provided. We have an 8-Lane track.
- COACHES: ***We are NOT be running a 200m.*** I will have workers for field events, but be prepared to time. Thanks.

If you have any questions please call:

Steve Parker – Head Track Coach  
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10:15      FIELD EVENTS:

HIGH JUMP	7-8 boys, 7-8 girls
POLE VAULT	Girls and Boys will jump together.
LONG JUMP	7-8 girls, 7-8 boys
SHOT	7-8 boys, 7-8 girls
DISCUS	7-8 girls, 7-8 boys

10:30              RUNNING EVENTS:

400m Relay	7-8 girls, 7-8 boys
3200m	7-8 girls, 7-8 boys
800m	7-8 girls, 7-8 boys
100m Hurdles	7-8 girls
110m Hurdles	7-8 boys
800m Relay	7-8 girls, 7-8 boys
100m	7-8 girls, 7-8 boys
400m	7-8 girls, 7-8 boys
300m Hurdles	7-8 girls, 7-8 boys
1600m Run	7-8 girls, 7-8 boys
1600m Relay	7-8 girls, 7-8 boys