

OWASSO HIGH SCHOOL

34th ANNUAL RAM RELAYS

Sponsored by



Friday April 8th, 2016

The following will give you the information you need for the meet. This will be a time final meet.

SCHOOLS PLANNING TO ATTEND THIS MEET MUST SUBMIT THEIR ENTRIES ON TRACKROSTER BY COMPLETING STEPS 1-5 FOR "ROSTER ENTRY" MEET. ***THE CUTOFF DATE IS THURSDAY, APRIL 7TH.***

TIME: All teams report to HS Track by 9:00am for coaches meeting. Field events will start at 9:30am and running events will start at 10:00am.

DIVISIONS: There will be 2 divisions: HS Boys / HS Girls

ENTRY FEE: \$100.00 for EACH division. HS Girls \$100, HS Boys \$100. No B Teams are allowed. If you have a team of 6 or more it is considered a Full Team.

LIMITATION: You may enter 3 individuals in an event and 1 relay team.

HEATING: All athletes will need to check in at the heating benches before their race.

LIMITATIONS: Short (1/4) spikes. You may only have 3 athletes per event, and 1 athlete may enter 4 events. You can only have 1 relay team per school.

TEAM POINTS & AWARDS: ***All RELAY EVENTS 20-16-12-8-4-1 & All OTHER EVENTS 10-8-6-4-2-1.***
Medals for 1st, 2nd & 3rd place. Team Trophy for 1st & 2nd place

LUNCH: We will feed all coaches lunch, but we will not be taking a break. Please let us know if you will be attending and how many coaches will be eating.

ALL OSSAA RULES APPLY

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9:30 Field Events

High Jump	Boys, Girls
Pole Vault	Girls, Boys
Long Jump	Girls, Boys
Discus	Girls, Boys (discus is east of the track behind the baseball field)
Shot	Boys, Girls (shot is east of the track behind the baseball field)

10:00 Running Events Time Finals in ALL EVENTS

400m Relay	Girls	Boys
3200m Relay	Girls	Boys
100m Hurdles	Girls	
110m Hurdles	Boys	
100m Dash	Girls	Boys
DMR 1200m-400m-800m-1600m	Girls	Boys
800m Relay	Girls	Boys
3200m Run	Girls	Boys
SMR 200m-200m-400m-800m	Girls	Boys
300m Hurdles	Girls	Boys
800m Run	Girls	Boys
400m Dash	Girls	Boys
200m Dash	Girls	Boys
1600m Run	Girls	Boys
Throwers Relay	You must have one girl thrower on your team.	
1600m Relay	Girls	Boys