



## Pawhuska Invitational Track Meets

Junior High: Thursday, March 24<sup>th</sup>, 2016

High School: Thursday, April 7<sup>th</sup>, 2016

Head Track Coach: Mark Frye

School Phone: 918-287-1262      Email: mfrye@ppshuskies.org

Cell Phone: 918-287-7881

On behalf of Pawhuska Public Schools, we invite you and your teams to participate in our boys and girls track and field meets. We have an all-weather eight-lane track with excellent field facilities. A FAT system will be used in the timing of both meets.

- Entry Fee:**                    Junior High Division - \$65 entry fee for each boys and girls teams in each 7<sup>th</sup> and 8<sup>th</sup> grade division, or \$10.00 per athlete for 4 or fewer participants. High School Division- \$85 entry fee for each boys and girls team or \$10.00 per individual for 4 or fewer participants.
- Time:**                            Junior High Division: Coaches meeting 9:15 a.m. in the Fieldhouse hospitality room. First calls made at 9:15 and meet will begin at 9:30 , High School Division: Coaches meeting 9:15 a.m. in Fieldhouse hospitality room. Field events start at 9:30 a.m. and Running events start at 10:00.
- JH Divisions:**                7<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> girls, 8<sup>th</sup> boys.- We will run the 300 meter hurdles and the 3200m relays, combined boys and girls by grade level.
- Limitations:**                Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.
- HS Divisions:**                High School Boys and Girls
- Medals/Trophies:**        Medals will be awarded to the top three places. Trophies to each top team.
- Team Points:**                Individual scoring will apply: 10-8-6-4-2-1 Relay scoring: 20-16-12-8-4-2.
- Equipment:**                3/16 inch spikes or smaller required. Pawhuska Schools will provide starting blocks. Please no tape on the running surface.
- Hospitality Room:**        A coaches Hospitality room will be set-up in the Ag building behind the stadium, with plenty of varieties of foods and drinks available.
- RSVP:**                            Schools are welcome without reservation but if you know you are coming in advance, please call or email me your school information, including the number of coaches coming. I need a list and number for inclement weather.
- Parking:**                        All buses will park at the softball parking lot on the East side of our stadium.

**OSSAA rules will apply**

**Pawhuska High School Invitational Track Meet  
Thursday, April 7th , 2016**

**Order of Events**

10:30	400 METER RELAY	GIRLS	BOYS
	3200 METER RELAY	GIRLS	BOYS
	100 M HURDLES	GIRLS	
	110 M HURDLES		BOYS
	3200 METER RUN		BOYS
	800 METER RELAY	GIRLS	BOYS
	800 METER RUN	GIRLS	BOYS
	100 METER DASH	GIRLS	BOYS
	3200 METER RUN	GIRLS	
	400 METER DASH	GIRLS	BOYS
	300 METER LH	GIRLS	
	300 METER IH		BOYS
	200 METER DASH	GIRLS	BOYS
	1600 METER RUN	GIRLS	BOYS
	1600 METER RELAY	GIRLS	BOYS

10:00

**FIELD EVENTS**

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

**NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS EACH.**

# Pawhuska JH Invitational Track Meet

Thursday, March 24th, 2016

## ORDER OF EVENTS

10:00 am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES (30)	GIRLS	
110 M HURDLES (30)		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS

-----BREAK-----

400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS	BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

## FIELD EVENTS

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

**\*NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS. EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**