

Piedmont Jr. High School
7th and 8th Grade Annual
Boys and Girls Invitational Track Meet
Saturday, April 19th, 2016

Coaches:

Piedmont Schools would like to extend an invitation to your school to enter our annual invitational on Saturday, April 9th, 2016 in Piedmont, Oklahoma.

All association rules will apply. Each school will be permitted to enter three contestants per event.

Team trophies will be awarded for the first and second in each division. Individual medals will be awarded for the first three places in each event. Scoring will be 10-8-6-4-2-1 and double relays.

Field events will begin at 9:30 am and Running events will begin at 10:15 am. A coaches' meeting will be at 9:00am at the field house next to the track.

An entry fee of \$220.00 for both teams (\$60.00 for one team) should accompany entries.

Contestants will draw for assignments and will be heated according to times the day of the meet. Shot and discus will be thrown from concrete slabs. Shot, discus, long jump contestants will be given 4 attempts only. All participants will be allowed to wear spikes not exceeding 3/16" in length. The NO FALSE start rule will apply. Starting blocks will be furnished by Piedmont Schools.

Please make sure you enter students into Enduroentries.com by the appointed deadline.

We hope you can participate in our upcoming meet.

Sincerely,

Jon Bakewell

Send inquires to:
Jon Bakewell
1055 Edmond RD. NW
Piedmont OK 73078
Cell: 808-5752
School Phone: (405) 373-5011

Please Respond ASAP at the school phone above or email

jon.bakewell@piedmontschools.org

TRACK MEET SCHEDULE

COACHES MEETING: 9:00

FIELD EVENTS: 9:30

RUNNING EVENTS: 10:15

Order of Events:

Timed Finals Beginning At **10:15 AM**

100 Meter Low Hurdles (30ö)	7G, 8G
110 Meter Int. Hurdles (33ö)	7B, 8B
400 Meter Relay	7G, 7B, 8G, 8B
3200 Meter Relay	7G, 7B, 8G, 8B
100 Meter Dash	7G, 7B, 8G, 8B
800 Meter Run	7G, 7B, 8G, 8B

BREAK (length to be determined day of the meet)

800 Meter Relay	7G, 8G
400 Meter Run	7B, 8B, 7G, 8G
300 Meter Hurdles	7B, 8B, 7G, 8G
200 Meter dash	7B, 8B, 7G, 8G
1600 Meter Run	7G, 7B, 8G, 8B
1600 Meter Relay	7G, 7B, 8G, 8B

Field events:

Beginning At **9:30 AM**

Shot Put	8B, 7B, 8G, 7G (4 throws only)
Discus	7G, 8G, 8B, 7B (4 throws only)
Pole Vault	7B, 8B, 7G, 8G
Long Jump	8B, 8G, 7B, 7G (4 Jumps only)
High Jump	7G, 7B, 8B, 8G

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Entry Fee:

8 th Grade Boys & Girls	\$120.00
One 8 th grade team	\$60.00
7 th Grade Boys & Girls	\$120.00
One 7 th grade team	\$60.00
All Four Teams	\$220.00
Individual	\$10.00 up to 5 athletes

School _____

Coach _____ Phone # _____

8th boys

8th Girls

7th boys

7th Girls

Thank You

Jon Bakewell

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