

2016 MIDDLE SCHOOL SUBURBAN CONFERENCE TRACK CHAMPIONSHIP

Western Heights High School – Friday, April 22nd 2016
Coaches Meeting at 3:30 - Field Events at 3:45 - Running Events at 4:15

RUNNING EVENTS

400 METER RELAY	7G / 8G / 7B / 8B
3200 METER RELAY	BOYS/GIRLS
100 METER HURDLES	7G / 8G
110 METER HURDLES	7B / 8B
3200 METER RUN	BOYS/GIRLS
800 METER RELAY	7G / 8G / 7B / 8B
800 METER RUN	7G / 8G / 7B / 8B
100 METER DASH	7G / 8G / 7B / 8B
400 METER DASH	7G / 8G / 7B / 8B
300 METER HURDLES	7G / 8G / 7B / 8B
200 METER DASH	7G / 8G / 7B / 8B
1600 METER RUN	GIRLS, BOYS
1600 METER RELAY	7G / 8G / 7B / 8B

FIELD EVENTS

SHOT PUT	GIRLS, BOYS 7G / 8G / 7B / 8B
DISCUS	BOYS, GIRLS 7B / 8B / 7G / 8G
LONG JUMP	BOYS, GIRLS 7B / 8B / 7G / 8G
HIGH JUMP	GIRLS, BOYS 7G / 8G / 7B / 8G
POLE VAULT	GIRLS, BOYS 7G / 8G / 7B / 8G

School Assignments:

SHOT

Piedmont (All Girls)
Noble (All Boys)

DISCUS

Chickasha (All Boys)
El Reno (All Girls)

POLE VAULT

Shawnee (All Girls and Boys)

LONG JUMP

Guthrie (All Boys)
Carl Albert (All Girls)

HIGH JUMP

Western Heights (All Girls)
Western Heights (All Boys)

RELAY EXCHANGES

4x100 / 4x200 ó Noble (exchange 1), Shawnee (exchange 2), Piedmont (exchange 3)
4x400 / 4x800 ó Guthrie (Break)

HEATING/SCORING/AWARDS ó Western Heights

ATTENTION COACHES: This is a Seeded Entries meet. Schools must submit their entries on www.trackroster.com by completing steps 1 – 6 for “Seeded Entries”. No additions will be allowed, all races will be pre-heated. The entry deadline is Thursday – April 21 at 2:00pm.