

2016 SUBURBAN CONFERENCE TRACK CHAMPIONSHIP

Western Heights High School – Friday, April 29nd 2016
Coaches Meeting at 3:30 - Field Events at 3:45 - Running Events at 4:15

RUNNING EVENTS

400 METER RELAY	9G / VG / 9B / VB
3200 METER RELAY	BOYS, GIRLS
100 METER HURDLES (33")	9G / VG
110 METER HURDLES (36")(39")	9B / VB
3200 METER RUN	BOYS
800 METER RELAY	9G / VG / 9B / VB
800 METER RUN	9G / VG / 9B / VB
100 METER DASH	9G / VG / 9B / VB
3200 METER RUN	GIRLS
400 METER DASH	9G / VG / 9B / VB
300 METER HURDLES (30")	9G / VG
300 METER HURDLES (36")	9B / VB
200 METER DASH	9G / VG / 9B / VB
1600 METER RUN	GIRLS, BOYS
1600 METER RELAY	9G / VG / 9B / VB

FIELD EVENTS

SHOT PUT	GIRLS, BOYS (9 th 4 Throws, Varsity 3 Throws + Top 8 to Finals)
DISCUS	BOYS, GIRLS (9 th 4 Throws, Varsity 3 Throws + Top 8 to Finals)
LONG JUMP	BOYS, GIRLS (9 th 4 Jumps, Varsity 3 Jumps + Top 8 to Finals)
HIGH JUMP	GIRLS (4ø), BOYS (5ø)
POLE VAULT	GIRLS, BOYS

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 28th at 2:00pm.