

28th Annual Kenny Roof Invitational Track Meet
JH Boys & Girls ó Grades 7,8,9 (One Division)
Monday March 28, 2016

Open to schools 4A and below.

Coaches meeting at 9:45

1. Finals in all field events starting at 10:00 a.m.
Finals in running events start at 10:30 a.m.
2. A school may enter 3 in each event.
3. Association rules apply.
4. Points will be scored the same as the State Meet.

10-8-6-4-2-1
20-16-12-8-4-2 Relay Points
5. A trophy will be given to the Winner and Runner-up of each division. Medals will be given to the 1st, 2nd, and 3rd places in each event.
6. The entry Fee is \$75.00 per team.
\$15.00 per individual if 3 or less members.
7. Use short spikes only. Starting blocks will be provided.
8. WE WILL HAVE POLEVAULT.
9. Lunch and hospitality room will be provided for coaches.
10. We will be using FAT timing.
11. Please make checks payable to Thomas High School and mail to:

Matt Hart
Thomas High School
P.O. Box 190
Thomas, Ok 73669

School Phone: 580-661-3522
Cell Phone: 580-302-0418
Email: mhart@thomas.k12.ok.us

THOMAS JUNIOR HIGH TRACK MEET

ORDER OF EVENTS

Running Events

Start at 10:30 a.m.

3200 m Relay G-B

100 m Hurdles G

110 m Hurdles B

100 m Dash G-B

800 m Relay G-B

1600 m Run G-B

BREAK

400 m Relay G-B

400 m Dash G-B

300 m Hurdles G-B

800 m Run G-B

200 m Dash G-B

1600 m Relay G-B

Field Events

Start at 10:00 a.m.

Shot G-B

Discus B-G

Long Jump B-G

High Jump G-B

Pole Vault G-B