

**Weatherford Eagle Track
7th and 8th Grade Invitational
Tuesday, April 5, 2016**

COACHES MEETING: 12:45
FIELD EVENTS: 1:00
RUNNING EVENTS: 1:30

ORDER OF EVENTS:

TIMED FINALS BEGINNING AT 1:30 PM

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

BREAK (LENGTH TO BE DETERMINED DAY OF THE MEET)

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

FIELD EVENTS: BEGINNING AT 1:00 PM

Shot Put	8B, 7B, 7G, 8G (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	7B, 7G, 8B, 8G

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Coaches,

Weatherford Schools would like to extend an invitation to your school to enter the 30th Annual Weatherford 7th & 8th Grade Invitational on Tuesday, April 5, 2016. **4A and below schools only.**

- All OSSAA rules will apply.
- All running events will be timed finals.
- Scoring will be 10-8-6-4-2-1, double for relays
- Each athlete may compete in only 4 events
- Contestant will draw lane assignments.
- Shot & discus will be thrown from a concrete ring.
- Shot, discus, long jump contestants will be given 4 attempts only.
- Spikes exceeding 1/4" in length will not be allowed on the track.
- Trophies will be awarded for 1st and 2nd place teams in each division.
- Medals will be awarded for the **top 3 places in each event.**
- Concession Stand will be available
- **Please hand carry your entry fee check with you or mail before meet day.**

Coaches meeting will begin at 12:45 PM.

Field events will begin at 1:00 PM.

Running events will begin at 1:30 PM.

Entry fees should accompany all entries.

All 4 divisions = \$240.00 or \$60.00 for each individual division.
\$12.00 per individual athlete up to 5 athletes.

Hope you can attend!

Dana Hickman

Please send your team roster to trackroster by April 1, 2016.

Send entries to:

Dana Hickman email—dhickman@wpsok.org

Dana Hickman School 580-772-2270

Cell 580-819-1465

**Weatherford Eagle Track
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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	\$240.00
Individual	\$12.00 up to 5 athletes

School _____

Coach _____

8th Boys 8th Girls

7th Boys 7th Girls

Thank You

Dana Hickman

Please send your rosters to trackroster.com by **April 1, 2016
Important that you send them in so we will have the program ready to
go on meet day.**

Return entries to:

Dana Hickman

Weatherford Middle School

509 N. Custer

Weatherford, Ok 73096

Email—dhickman@wpsok.org