

2016 WESTERN CONFERENCE  
TRACK AND FIELD MEET  
APRIL 19, 2016  
HOSTED BY ALTUS

**TEAMS INVITED: ALTUS, ANADARKO, CACHE, CLINTON, ELGIN, ELK CITY,  
WEATHERFORD AND WOODWARD**

**TEAM CHECK-IN:**

1:15- COACHES MEETING  
1:45- FIELD EVENTS BEGIN  
2:15- RUNNING EVENTS BEGIN

**4 DIVISIONS:**

JUNIOR HIGH (7<sup>TH</sup> & 8<sup>TH</sup> ) BOYS AND GIRLS  
HIGH SCHOOL BOYS AND GIRLS

EACH PARTICIPANT WILL BE LIMITED TO 4 EVENTS, INCLUDING RELAYS.  
ONE RELAY PER TEAM AND NO "B" TEAMS.

**ALL EVENTS WILL BE PRE-HEATED. COACHES WILL NEED TO SEND IN THEIR  
ATHLETES AND THEIR BEST TIMES IN THE FOLLOWING EVENTS BY NOON FRIDAY,  
APRIL 15<sup>TH</sup>.**

**100, 200, 400, 100H, 110H, 300 H  
400 RELAY, 800 RELAY, 1600 RELAY, 3200 RELAY**

ALL RUNNING EVENTS WILL BE TIMED FINALS. WE HAVE A 6 LANE TRACK.  
FIELD EVENTS: JUNIOR HIGH WILL BE 3 THROWS OR JUMPS ONLY. HIGH SCHOOL  
WILL BE 3 THROWS OR JUMPS, TOP 7 MOVE TO FINALS—3 MORE ATTEMPTS.

**ALL SCHOOLS WILL BE EXPECTED TO HELP RUN OFF THE FIELD EVENTS. WE WILL  
TAKE CARE OF THE TIMING AND SCORING. PLEASE SEND OR FAX YOUR SCHOOL'S  
PREFERENCE WHEN YOU SEND IN YOUR ATHLETES TIMES.**

**ENTRY FEE: H.S. GIRLS- \$80, H.S. BOYS- \$80, J.H. GIRLS- \$80, J.H. BOYS \$80.  
IF ALL FOUR TEAMS ARE COMING ENTRY FEE WILL BE \$300**

**AWARDS: 1<sup>ST</sup>-3<sup>RD</sup> IN INDIVIDUAL EVENTS AND RELAYS. TEAM CHAMPIONSHIP  
PLAQUE IN ALL DIVISIONS.**

**CONTACT NUMBERS:**

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**FAX ALL ENTRIES TO (580) 481-2547, C/O COACH ROBERT GARRISON**

OSSAA SANCTIONED MEET. ALL OSSAA AND NFS RULES WILL APPLY

## ORDER OF EVENTS

### FIELD EVENTS (1:45)

HIGH JUMP- JHB, HSB, JHG, HSG  
LONG JUMP- HSG, JHG, HSB, JHB  
SHOT PUT- HSB, JHB, HSG, JHG  
DISCUS- HSG, JHG, HSB, JHB  
POLE VAULT- GIRLS TOGETHER, BOYS TOGETHER

### RUNNING EVENTS: (2:15)

400 RELAY- JHG, JHB, HSG, HSB

3200 RELAY- JHG, JHB, HSG, HSB

100 HURDLES- JHG, HSG

110 HURDLES- JHB, HSB

3200 RUN- HSG, HSB (JHG AND BOYS IF INTEREST AND TIME)

800 RELAY- JHG, JHB, HSG, HSB

800 RUN- JHG, JHB, HSG, HSB

100 DASH- JHG, JHB, HSG, HSB

400 DASH- JHG, JHB, HSG, HSB

300 HURDLES- JHG, HSG, JHB, HSB

200 DASH- JHG, JHB, HSG, HSB

1600 RUN- JHG, JHB, HSG, HSB

1600 RELAY- JHG, JHB, HSG, HSB

\*\*\*\*THROWER RELAY WILL BE HELD IF THERE IS TIME BETWEEN THE 200 AND 1600 RELAY.

MAKE SURE TO CALL, TEXT OR EMAIL THAT YOU ARE COMING.

MAKE SURE TO FAX YOUR ENTRIES IN BY NOON, APRIL 15<sup>TH</sup>. (580) 481-2547