

# **WYNNEWOOD HIGH SCHOOL INVITATIONAL TRACK & FIELD MEET**

- DATE:** March 25, 2016
- ENTRY FEE:** \$75.00 Per Team (\$150.00 for both) or \$10.00 per Individual (up to 3)  
**PLEASE RSVP IF PLANNING TO ATTEND (405) 665-1113**
- FACILITIES:** 6 Lane Metric ðAll Weatherö Resilite Surface  
LJ, HJ & PV approaches are Resilite Surfaces  
Discus & Shot Put slabs are Concrete
- AWARDS:** NO TEAM SCORES  
MEDALS to the Top FIVE (5) PLACES in INDIVIDUAL EVENTS & TOP THREE (3) PLACES IN RELAYS
- DIVISIONS:** HIGH SCHOOL GIRLS  
HIGH SCHOOL BOYS
- PAYMENT:** MAKE CHECKS PAYABLE TO: WYNNEWOOD SCHOOLS  
**MAIL TO: WYNNEWOOD HIGH SCHOOL**  
**ATTENTION: RICHARD NORMAN**  
**702 EAST ROBERT S. KERR BLVD**  
**WYNNEWOOD, OK 73098**

**INCLEMENT WEATHER – CALL WYNNEWOOD HS (405) 761-5258**

## **GENERAL INFORMATION**

Coaches Meeting begins at 9:00

1. All Heating will be done at the HEATING BENCHES
2. FIELD EVENTS begin at 9:30 p.m.. TIMED FINALS begin at 10:00 p.m.
3. **Each school is allowed THREE (3) INDIVIDUALS or ONE RELAY per EVENT ONLY!**  
(B Teams will be charged as a team entry)
5. Competitors are limited to FOUR (4) EVENTS.
6. STARTING BLOCKS will be furnished
7. ALL CAMPS will be on the PRACTICE FIELD (West of the Track)
8. EACH TEAM IS RESPONSIBLE FOR THE CARE OF ITS VALUABLES.
9. CONCESSION STAND WILL BE OPEN.
10. Dressing Rooms are not available.
11. Restrooms will be open.
12. NON-CONTESTANTS WILL NOT BE ALLOWED INSIDE THE OVAL.
13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
14. FIELD EVENTS will only get THREE (3) ATTEMPTS. **NO FINALS.**

**SHORT SPIKES\*\*\*\*\*SHORT SPIKES\*\*\*\*\*SHORT SPIKES\*\*\*\*\*SHORT SPIKES**

**If you have any questions, please call (405) 665-1113**

Richard Norman  
ATHLETIC DIRECTOR

**WYNNEWOOD HIGH SCHOOL**  
**INVITATIONAL TRACK & FIELD MEET**

**FIELD EVENTS:** 9:30 p.m. NO FINALS  
EACH CONTESTANT WILL RECEIVE ONLY THREE (3) ATTEMPTS TOTAL

SHOT	BOYS ó GIRLS (3 THROWS)
DISCUS	GIRLS ó BOYS (3 THROWS)
LONG JUMP	GIRLS ó BOYS (3 JUMPS)
HIGH JUMP	BOYS -- GIRLS
POLE VAULT	GIRLS ó BOYS (possible same time)

**RUNNING EVENTS:** 10:00 p.m. TIMED FINALS

400 METER RELAY	GIRLS ó BOYS
3200 METER RELAY	GIRLS ó BOYS
100 METER HURDLES	GIRLS 33ö
110 METER HURDLES	BOYS 39ö
3200 METER RUN	GIRLS ó BOYS
800 METER RELAY	GIRLS ó BOYS
800 METER RUN	GIRLS ó BOYS
100 METER DASH	GIRLS ó BOYS
400 METER DASH	GIRLS - BOYS
300 METER HURDLES	GIRLS 30öö BOYS 36ö
200 METER DASH	GIRLS ó BOYS
1600 METER RUN	GIRLS ó BOYS
1600 METER RELAY	GIRLS ó BOYS

**SHORT SPIKES\*\*\*\*SHORT SPIKES\*\*\*\*SHORT SPIKES\*\*\*\*SHORT SPIKES**

**We will attend the Wynnewood High School Invitational Track Meet on March 25, 2016. Please respond by phone (405) 665-1113 or mail before March 8, 2016.**

**Both Girls & Boys Teams\_\_\_\_\_ Girls Team Only\_\_\_\_\_ Boys Team Only\_\_\_\_\_**

**MAKE CHECKS PAYABLE TO: WYNNEWOOD TRACK**  
**SEND REPLIES TO: RICHARD NORMAN**  
**702 EAST ROBERT S. KERR BLVD.**  
**WYNNEWOOD, OK 73098**