

WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET

DATE: APRIL 12, 2016

ENTRY FEE: \$65 Per Team or \$260 for all 4 teams or \$10 per Individual (up to 3) PLEASE RSVP IF PLANNING TO ATTEND (405) 665-1113

FACILITIES: 6 Lane Metric All Weather Resilite Surface
LJ, HJ, & PV approaches are Resilite Surfaces
Discus and 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

4 DIVISIONS: ONLY 3 PARTICIPANTS PER SCHOOL IN EACH EVENT & ONE RELAY TEAM ONLY. NO EXCEPTIONS!!! (B Teams will be charged as a Team Entry)

7 TH GRADE GIRLS	7 TH GRADE BOYS
JR. HIGH GIRLS	JR. HIGH BOYS

PAYMENT: MAKE CHECKS PAYABLE TO: WYNNEWOOD TRACK
MAIL TO: WYNNEWOOD HIGH SCHOOL
702 EAST ROBERT S. KERR BLVD.
WYNNEWOOD, OK 73098
ATTENTION: Richard Norman

INCLEMENT WEATHER 6 CALL (405) 761-5258 Richard Norman

GENERAL INFORMATION

1. Coaches Meeting at 9:00 a.m.
2. All heating will be done at the HEATING BENCHES.
3. FIELD EVENTS begin at 9:30 a.m. TIMED FINALS begin at 10:00 a.m.
4. Each school is allowed THREE (3) INDIVIDUALS or ONE RELAY per EVENT. (extra individuals will be charged)
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 TRACK.
13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
14. FIELD EVENTS will 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 JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET

ONLY 3 PARTICIPANTS IN EACH EVENT OR ONE RELAY TEAM FROM YOUR SCHOOL.

FIELD EVENTS: 9:30 A.M. NO FINALS

EACH CONTESTANT WILL RECEIVE ONLY THREE (3) ATTEMPTS TOTAL.

SHOT 7G ó 7B ó JHG ó JHB (3 THROWS)
DISCUS JHG ó JHB ó 7G ó 7B (3 THROWS)
LONG JUMP 7B ó JHB ó 7G ó JHG (3 JUMPS)
HIGH JUMP JHB ó 7B ó JHG ó 7G
POLE VAULT JHG ó JHB (will be done together)

RUNNING EVENTS 10:00 A.M. TIMED FINALS

400 METER RELAY 7G ó 7B ó JHG ó JHB
3200 METER RELAY 7G ó 7B ó JHG ó JHB
100 METER HURDLES 7G ó JHG
110 METER HURDLES 7B ó JHB
*ALL HURDLES RACES WILL BE AT 30ö
100 METER DASH 7G ó 7B ó JHG ó JHB
800 METER RELAY 7G ó 7B ó JHG ó JHB
800 METER RUN 7G ó 7B ó JHG ó JHB
400 METER DASH 7G ó 7B ó JHG ó JHB
300 METER HURDLES 7B ó JHB ó 7G ó JHG
200 METER DASH 7G ó 7B ó JHG ó JHB
1600 METER RUN 7G ó 7B ó JHG ó JHB
1600 METER RELAY 7G ó 7B ó JHG ó JHB

SHORT SPIKES*****SHORT SPIKES*****SHORT SPIKES
