

Steve Hickman Invitational Track Meet Cherokee High School

Divisions: HS Girls
HS Boys **Classes 4A - A**

Date/Time: **April 21, 2017** 10:00 am Coaches Meeting
10:30 am Field Event
12:00 pm Running Events

Facilities: New Track & Field Facility and Athletic Complex
Track is a Full Pour Polyurethane System, BSS 1000 from Beynon Sports
FOUR runways to accommodate N, S, E or W wind in LJ & PV.
NW & SE discus cages, Two Shot Put rings with landing area.
Large HJ apron.
All new Hurdles, HJ & PV Pads, Blocks, etc.
➤ **Campsites and Warmup** area EAST of athletic Complex.

Timing: FAT, FinishLynx Timing System

Entry: \$90 for each division. \$180 for boys & girls teams.
\$18 for Individuals (4 or less).
B teams allowed to compete for free, however, additional entry is required to medal and score.

Attention Coaches: All team entries must be completed online: www.runendurousa.com (Track Roster). Only team rosters are needed. Races will be heated at the meet. **Online entries due April 19 at 5:00 pm.**

Entry Confirmation: Please contact Chad Hutchison, hutchisonc@cherokee.k12.ok.us or by cell at 580/816-0725 for confirmation. **We will contact all confirmations in the event of inclement weather conditions.**

***No set team limit, however, please confirm early to insure your teams spot. We may close off entries if there are a large number of entries. Your confirmation will insure your teams spot.

Please mail checks to: Cherokee Public Schools
Att: Track Entry
PO Box 325
Cherokee, OK 73728

Awards: Medals will be given to top 6 places in individual events and top 5 in relay events. Team awards for Champion and Runner-Up.

Hospitality: Provided throughout the meet for all coaches.

OSSAA rules and scoring apply. **Short spikes only: 1/8" & 1/4" Pyramid Spikes Only**
No "Christmas Tree", Needle or Long spikes allowed.

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Cherokee High School

Schedule of Events

10:00 am Coaches Meeting

10:30 am

Long Jump: Boys, Girls
High Jump: Girls, Boys
Pole Vault: Girls, Boys
Shot Put: Boys, Girls
Discus: Girls, Boys

12:00 pm

400 Meter Relay – Girls, Boys
3200 Meter Relay – Girls, Boys (Final)
100 H. Hurdles – 33” Girls
110 H. Hurdles – 39” Boys
100 Meters – Girls, Boys
3200 Meters – Boys
800 Meter Relay – Girls, Boys (Final)
3200 Meters – Girls (Final)
200 Meters – Girls, Boys

<45 minute break>

400 Meter Relay – Girls, Boys
800 Meters – Girls, Boys
100 H. Hurdles – 33” Girls
110 H. Hurdles – 39” Boys
100 Meters Girls, Boys
400 Meters – Girls, Boys
300 Meter Low Hurdles – Girls, Boys
200 Meters – Girls, Boys
1600 Meters – Girls, Boys
1600 Meter Relay – Girls, Boys