

Duncan Middle School Track Meet



Duncan High School invites you to the Duncan Middle School Track Meet to be held on Thursday March 23rd, 2017

1. There will be a 7th and 8th grade division for both boys and girls.
2. This meet is OSSAA sanctioned.
3. Medals will be awarded to top three finishers in all events.
4. Trophies awarded to Championship team in each division
5. All running events will be timed finals.
6. All heating will be done on the football field.
7. Each school is limited to three athletes per event and each athlete is limited to 4 events.
8. There will be a hospitality room for coaches.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on TrackRoster by completing steps 1-5 for "Roster Entries" meets. The entry deadline for this meet is Tuesday, March 21. Log into your TrackRoster account at: www.trackroster.com.

Please email or call Todd Ledford 580-467-2741- todd.ledford@duncanps.org or Tim Buben 580-470-5042 – tim.buben@duncanps.org if you plan on attending!!

The entry fee for the meet is \$75.00 per division. Please make checks payable to Duncan High School Track and Field.

Name of School _____

Coaches _____

Contact # _____

____7th grade girls ____7th grade boys ____8th grade girls ____8th grade boys

Duncan Middle School Track Meet

Duncan Middle School Order of events

Coaches meeting 9:30

Field Events - 10:00am

Shot Put	7G, 7B, 8B, 8G
Discus	8B, 8G, 7G, 7B
Pole Vault	7G & 8G, 7B & 8B
Long Jump	8B, 8G, 7B, 7G
High jump	7G, 7B, 8B, 8G

Running Events – 10:00am (timed finals)

4x100 Relay	7G, 7B, 8G, 8B
4x800 Relay	7G, 7B, 8G, 8B
100m Hurdles	7G, 8G
110m Hurdles	7B, 8B
4x200 Relay	7G, 7B, 8G, 8B
800m Run	7G, 7B, 8G, 8B
100m Dash	7G, 7B, 8G, 8B
400m Dash	7G, 7B, 8G, 8B
300m Hurdles	7G, 7B, 8G, 8B
200m Dash	7G, 7B, 8G, 8B
1600m Run	7G, 7B, 8G, 8B
4x400m relay	7G, 7B, 8G, 8B