



2017 Frontier Valley Conference  
Junior High Track and Field Meet  
April 20, 2017

This is a pre-seeded meet. Teams planning to attend this meet must submit their entries at [www.enduroussa.com](http://www.enduroussa.com) by April 19.

LOCATION: Sapulpa Westside Sports Complex (1611 S. Wickham Road, Sapulpa, OK 74066)

TIME: Coaches meeting will be at 3:30 pm. The Meeting will take place in the weight room at the South end of the complex. Food will be served at this time.

FIELD EVENTS: begin at 4 pm (3 preliminary throws and jumps, 8 people make it to the finals for 3 more jumps and throws)

RUNNING EVENTS: begin at 4 pm

LIMITATIONS: Each team is permitted 3 competitors per event and 1 relay per event. Each athlete is limited to four events including relays.

DIVISIONS (4): 8th Boys, 9th Boys, 8th Girls, 9th Girls

MEDALS: Awarded to 1st, 2nd, and 3rd place

TROPHIES: Awarded to 1st place

TEAM POINTS: Awarded to 1st thru 6th place places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2)

EQUIPMENT: Sapulpa will furnish all starting blocks. Spikes must be ¼" or shorter. OSSAA rules apply.

QUESTIONS: Sapulpa Varsity Head Track Coach James Smith [jsmith@sapulpaps.org](mailto:jsmith@sapulpaps.org)



FIELD EVENTS- 4:00 pm

HIGH JUMP BOYS/GIRLS 9B/8B/9G/8G

LONG JUMP GIRLS/BOYS 8G/9G/8B/9B

SHOT BOYS/GIRLS 8G/9G/8B/9B

DISCUS GIRLS/BOYS 9B/8B/9G/8G

POLE VAULT BOYS/GIRLS 8 & 9 G/8 & 9B

(Pole vault athletes will be placed and scored in the appropriate division)

RUNNING EVENTS- 4:00 pm

3200 Relay GIRLS/BOYS 8G/9G/8B/9B

100 M Dash GIRLS/BOYS 8G/9G/8B/9B

100 M Hurdles GIRLS (33") 8G/9G

110 M Hurdles BOYS (39") 8B/9B

800 Relay GIRLS/BOYS 8G/9G/8B/9B

3200 m GIRLS/BOYS 9G/9B

400 Relay GIRLS/BOYS 8G/9G/8B/9B

800 Run GIRLS/BOYS 8G/9G/8B/9B

400 Dash GIRLS/BOYS 8G/9G/8B/9B

300 Hurdles GIRLS (30") 8G/9G

300 Hurdles BOYS (36") 8B/9B

200 Dash GIRLS/BOYS 8G/9G/8B/9B

1600 Run GIRLS/BOYS 8G/9G/8B/9B

1600 Relay GIRLS/BOYS 8G/9G/8B/9B

Team Assignments

Heating Area - Sapulpa	Pole Vault - Jenks
Long Jump - Union	Shot Put - Muskogee
Discus - Sand Springs, Bixby	Exchange Zones - Broken Arrow
Hurdles - Bishop Kelley	High Jump - Bartlesville