

Kingfisher Public Schools would like to invite you to the 7th Annual Kingfisher High School Inivitational Track & Field Meet on Saturday, April 1, 2017

ATTENTION: Coaches must submit your entries on www.enduroentries.com (TrackRoster). Complete Steps 1-5. You must

add the "Kingfisher High School Invitational" to your on-line schedule. NO Ex

**NO EXCEPTIONS!** 

## DEADLINE FOR ALL ENTRIES: WEDNESDAY, MARCH 29th, 2017

Entry Fee: \$90.00 (per boys team) and \$90.00 (per girls team) (\$180.00 total)

\$50.00 (per B Team)

\$10.00 per individual (up to 4)

\*\*Make checks payable to Kingfisher Track & Field\*\*

\*\*\*note\*\*\* no refunds for rainout once meet has started

**2 Divisions:** (1) High School Boys & (1) High School Girls

\*\*\*\*\* ONLY SCHOOLS 4A and BELOW \*\*\*\*\*

**Timing:** We will be using Enduro Timing system \*\* <u>THIS IS A TIMED FINALS MEET</u> \*\*

**Medals:** Plaques awarded for each Boys & Girls Team **Champions** 

Custom medals awarded to the top 3 individual events & top 3 relays

**Entrants:** Each contestant is limited to four (4) events, including relays. Each school is limited to three (3)

entrants in each event and one (1) team in each relay.

Schedule: 9:00 am - Coaches Meeting \*\*Track room (big metal doors)\*\* \*Breakfast & coffee provided\*

9:30 am - Field events \*Shot Put West side of track\* \*Discus, across street to NW, use trail\*

10:00 am - Running events \*\*\*\*We will feed coaches & bus drivers lunch\*\*\*\*

**Rules:** All OSSAA Rules will apply

Points will be awarded 10-8-6-4-2-1 and double for relays

Only 1/4" or less spikes will be allowed on running or jumping surfaces

Coaches & athletes only allowed on infield

Concession stand available in southwest corner of track complex

Field events = three attempts in prelims, top 8 will advance to finals = three more attempts

Parking: WEATHER PERMITTING, BUSSES MAY PARK ON THE GRASS ON THE SOUTH SIDE OF TRACK

Contact: Micah Nall (Boys & Girls) mnall@kingfisher.k12.ok.us cell 405-315-6876

Confirm by E-Mail or cell by Monday, March 27th

Kingfisher High School 1500 S. 13th St Kingfisher, OK 73750

# KINGFISHER YELLOWJACKET TRACK & FIELD HIGH SCHOOL TRACK INVITATIONAL

#### **ORDER OF EVENTS**

### **Coaches Meeting at 9:00**

Running Events Start at 10:00 AM	Field Events Start at 9:30 AM

## ALL TIMED FINALS 3 attempts = Top 8 to Finals

400 M. Relay	G - B	Shot Put	B - G
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800 M. Relay G - B

800 M. Run G - B

100 M. Dash G - B

## **30 MINUTE BREAK**

3200 M. Run G

400 M. Dash G - B

300 M. Hurdles G (30") - B (36")

200 M. Dash G - B

1600 M. Run G - B

1600 M. Relay G - B