

METRO LAKES CONFERENCE
2017 TRACK AND FIELD CHAMPIONSHIPS

Claremore High School

Junior High 7th and 8th: Tuesday, April 25th 3:00pm

High School and 9th: Thursday, April 27th 10:00am

On behalf of Claremore Public Schools we would like to welcome you and your athletes to the 2016 Metro Lakes Conference Track and Field Championships. We will be using FAT timing and scoring for the meet and request that every team 7th- 9th and HS, enter their rosters prior to the meet at www.endurousa.com . If you do not have an account you can set one up by following the directions on the main page. Once you open an account please follow the following steps:

- (1) Enter your athletes on ENDUROUSA;
- (2) Add the meet to your on-line schedule;
- (3) Enter desired athletes from your roster in the meet and appropriate division (7- HS)

Each athlete will be assigned a competitor number. Head coaches will receive an email the day prior to the event with their respective athlete's competitor numbers. Athlete's competitor number is to be written on their left hand with permanent marker. Athletes will check-in for their respective events and show the clerk their competitor number that shall be written on their left hand. Field event athletes shall check-in at their event sites. Running events will check-in at the white shed at east end of the track in order to be placed in appropriate heats. Distance events and relays not finishing in lanes will report to the start line and places will be recorded at the finish line.

Conference Workers Schedule

HJ - Glenpool

PV - Skiatook

LJ - Pryor

Shot - Tahlequah

Discus - Coweta

Back-up Timer - Claremore

Exchange 1 - Collinsville

Exchange 2 - Grove (4X1 and 4X2)

Exchange 3 - Claremore

Metro Lakes Conference
2016 Track & Field Championships
High School Schedule of Events

Coaches Meeting 10:00 am

Field Events 10:30 am

High Jump	HSB, HSG, 9B, 9G
Long Jump	HSG, HSB, 9G, 9B
Shot	HSG, HSB, 9G, 9B
Discus	HSB, HSG, 9B, 9G
Pole Vault	HSG, HSB, 9G, 9B

Timed Finals 11:00am

We will operate on a rolling schedule, times listed are not approximate start times

11:00	400 Relay	9-HS Girls, 9-HS Boys
11:10	3200 Relay	All Girls, All Boys
11:35	100 Hurdles	9-HS Girls (9-HS 33in)
11:45	110 Hurdles	9-HS Boys (9-36 in, HS 39in)
11:55	3200 Run	All Girls, All Boys
12:30	800 Relay	9-HS Girls, 9-HS Boys
12:45 Break		
1:30	800 Run	9-HS Girls, 9-HS Boys
1:45	100 M Dash	9-HS Girls, 9-HS Boys
2:05	400 M Dash	9-HS Girls, 9-HS Boys
2:20	300 M Hurdles	9-HS Girls, 9-HS Boys
2:35	200 M Dash	9-HS Girls, 9-HS Boys
2:45	1600 Run	9-HS Girls, 9-HS Boys
3:20	1600 Relay	9-HS Girls, 9-HS Boys

**We will combine B&G in each division for the 3200m Relay as well as run the 9th grade and HS 3200m runs respectively.

Minimum Measurements/Opening Heights

Shot Discus

Boys	Girls	Boys	Girls
9th - 40'	9th - 25'	9th - 80'	9th - 60'
HS - 40'	HS - 30'	HS - 120'	HS - 80'

High Jump Pole Vault

Boys	Girls	Boys	Girls
9th - 4' 10"	9th - 4' 4"	9th - 8'	9th - 6'
HS - 5'6"	HS - 4'6"	HS - 10'	HS - 7'

Metro Lakes Conference Junior High Order of Events

Coaches Meeting 2:45 pm

Field Events 3:00 pm

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

Minimum Measurements/Opening Heights

SHOT BOYS 7 - 25', 8 - 30'	GIRLS 7 - 20', 8 - 25'
DISC BOYS 7 - 70', 8 - 80'	GIRLS 7 - 50' 8 - 60'
HIGH JUMP BOYS 7 - 4' 6", 8 - 4' 8"	GIRLS 7 - 4', 8 - 4' 2"
POLE VAULT BOYS 7 - 6', 8 - 7'	GIRLS 7 - LOW, 8 - 6"

Timed Finals 3:00pm

We will operate on a rolling schedule, times listed are not approximate start times

3:00	400 RELAY	7G, 8G, 7B, 8B
3:10	3200 RELAY	7G, 8G, 7B, 8B
3:40	100 H 30"	7G, 8G
3:50	110 H 33"	7B, 8B
4:00	800 RELAY	7G, 8G, 7B, 8B
4:15	800 RUN	7G, 8G, 7B, 8B
4:30	100 M DASH	7G, 8G, 7B, 8B
4:50	400 M DASH	7G, 8G, 7B, 8B
5:10	300 H 30"	7G, 8G, 7B, 8B
5:25	200 M DASH	7G, 8G, 7B, 8B
5:40	1600 RUN	7G, 8G, 7B, 8B
6:10	1600 RELAY	7G, 8G, 7B, 8B

**We will combine B&G in each division for the 3200m Relay