

**Midwest City High School**  
Invitational Track and Field Meet

**Date:** Thursday, April 20<sup>th</sup>, 2017

**Time:** 3:30 pm                      Coaches Meeting  
4:00 pm                              Field Events  
4:15 pm                              Running Events

**Cost:** \$90.00 per team.  
Send Entry Fee to:  
Midwest City High School  
Attention: Maggie Prather  
213 Elm Street  
Midwest City, OK 73110

- General:**
- 4 event limit per contestant
  - Each school may enter 4 individuals per event
  - Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
  - Participants must wear ¼ " or less spikes
  - No tape on track
  - Contestants will be heated up on field
  - Awards may be picked up at the press box following 1600-meter relay
  - Trophies will be awarded to the top two teams
  - Medals will be awarded to the top 3 places
  - Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals
  - \$90.00 for each boys and girls team. \$10.00 per individual if 5 or less team members. There will be boys and girls. (No B Teams)

**Place:** Rose Field, 701 East Lockheed Ave., Midwest City, OK 73130

**Contact:** If you wish to attend you must email me [attthomas@mid-del.net](mailto:attthomas@mid-del.net)  
We will only allow 12 teams this year.

**ATTENTION COACHES:** Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 – 5 for "Seeded Entries" meets. The entry deadline for this meet is April 19, 2017 at 5:00pm. This is a Seeded Entries meet. Log into your TrackRoster at [www.trackroster.com](http://www.trackroster.com).

(Coaches there will be a Hospitality Room)

**Midwest City High School**  
**Invitational Track and Field Meet**

3:30 pm Coaches Meeting (On Football Field)  
4:00 pm Field Events  
4:15 pm Running events and timed finals

**Field Events** - 4:00 pm

High Jump	Girls – Boys
Long Jump	Boys – Girls
Discus	Girls – Boys
Shot	Boys – Girls
Pole Vault	Boys – Girls

**Running Events** – 4:30 pm

4 x 100 Relay	Girls – Boys
4 x 800 Relay	Girls – Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (39)
3200 Run	Girls – Boys
4 x 200 Relay	Girls – Boys
800 Dash	Girls – Boys
100 Dash	Girls – Boys
400 Dash	Girls – Boys
300 Hurdles	Girls (30)
300 Hurdles	Boys (30)
200 Dash	Girls – Boys
1600 Run	Girls – Boys
4 x 400 Relay	Girls – Boys