

# MMSAC Conference Track Meet

## Deer Creek High School

### Saturday, April 22, 2017

**Location:** Deer Creek High School; 6101 N.W. 206<sup>th</sup> Street, Edmond, OK 73012

**Teams:** Deer Creek, Edmond Central, Edmond Cheyenne, Edmond Cimarron, Edmond Heartland, Edmond Sequoyah, Edmond Summit, Mustang, Mustang North, Stillwater, Yukon

**Divisions:** 7<sup>th</sup> grade boys and girls, 8<sup>th</sup> grade boys and girls

**Time:** 9:00 am – Coaches Meeting  
9:30 am – Running and Field Events

**Cost:** \$100 per division or \$400 per school

**Send entry Fees to:**

Deer Creek Public Schools  
Attn: Deer Creek Middle School Track Coach  
2601 N.W. 234<sup>th</sup> Street  
Edmond, OK 73025

Schools must submit their entries on [www.edurousa.com](http://www.edurousa.com) by completing Steps 1 – 6 for “Seeded” meets. The entry deadline for this meet is 5 pm, Thursday, April 20, 2017. There will be no additions to entries after this deadline or day of the meet. Scratches can be made at the meet.

- \* Heating benches will be located on the south end of the track near the starting line.
- \* No finals in field events. Each athlete will receive 3 jumps/3 throws.
- \* Limit 3 individuals per event
- \* Limit 4 events per individual
- \* No “B” teams.
- There will be minimum qualifying marks in throws and jumps. Each athlete will have at least one jump or throw measured at their request.
- Hurdles: girls’ and 7<sup>th</sup> grade boys’ 30”/8<sup>th</sup> grade boys’ 110H 33”; 300H 30”
- Medals will be awarded for 1<sup>st</sup> through 6<sup>th</sup> place. Relays will medal 1<sup>st</sup> through 3<sup>rd</sup> place. 1<sup>st</sup> place team in each division will receive a championship banner (via conference).
- Campsite availability around the track is mostly concrete due to all the buildings and construction.
- Scoring: 1<sup>st</sup> = 10 2<sup>nd</sup> = 8 3<sup>rd</sup> = 6 4<sup>th</sup> = 4 5<sup>th</sup> = 2 6<sup>th</sup> = 1 \*Relays worth double

**Relay Exchange Zones:**

4 x 100 Exchange 1- Deer Creek

Exchange 2 – Central Exchange 3 – Summit

4 x 200 Exchange 1 & 3 – Stillwater

Exchange 2 - Yukon

**Contact:** George Meiwes – [georgemeiwes@dcsok.org](mailto:georgemeiwes@dcsok.org), 405-348-4830

**Bus parking will be in the parking lot for the Performing Arts and Athletic Center on the west side of MacArthur just north of the high school.**

## Order of Events

4 x 100 Meter Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
4 x 800 Meter Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
100 Meter Hurdles (30)	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls
110 Meter Hurdles (7 <sup>th</sup> – 30/8 <sup>th</sup> – 33)	7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
4 x 200 Meter Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
800 Meter Run	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
100 Meter Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
400 Meter Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
300 Meter Hurdles	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
200 Meter Dash	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
1600 Meter Run	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
4 x 400 Meter Relay	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys

## Field Events

High Jump	8 <sup>th</sup> Boys, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Girls
Long Jump	8 <sup>th</sup> Girls, 7 <sup>th</sup> Girls, 8 <sup>th</sup> Boys, 7 <sup>th</sup> Boys
Disc	7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls, 7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys
Shot	7 <sup>th</sup> Boys, 8 <sup>th</sup> Boys, 7 <sup>th</sup> Girls, 8 <sup>th</sup> Girls
Pole Vault	7 <sup>th</sup> /8 <sup>th</sup> Boys, 7 <sup>th</sup> /8 <sup>th</sup> Girls