



Pawhuska Invitational Track Meets

Junior High: Tuesday, March 28th, 2017

High School: Tuesday, April 4th, 2017

Head Track Coach: Mark Frye

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On behalf of Pawhuska Public Schools, we invite you and your teams to participate in our boys and girls track and field meets. We have an all-weather eight-lane track with excellent field facilities. A FAT system will be used in the timing of both meets. Please RSVP. Please make checks payable to Pawhuska Track and Field and mail to 621 E. 15th ST. ATTN: Track Account, or bring to the meet.

Entry Fee: Junior High Division - \$65 entry fee for each boys and girls teams in each 7th and 8th grade division, or \$10.00 per athlete for 4 or fewer participants.
High School Division- \$85 entry fee for each boys and girls team or \$10.00 per individual for 4 or fewer participants.

Time: Junior High Division: Coaches meeting 9:00 a.m. in the Fieldhouse hospitality room. First calls made at 9:15 and meet will begin at 9:30 ,
High School Division: Coaches meeting 9:00 a.m. in Fieldhouse hospitality room. Field events start at 9:30 a.m. and Running events start at 10:00.

JH Divisions: 7th girls, 7th boys, 8th girls, 8th boys.- We will run the 300 meter hurdles.

HS Divisions: High School Boys and Girls.

Limitations: Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.

Medals/Trophies: Medals will be awarded to the top three places. Trophies to each top team.

Team Points: Individual scoring will apply: 10-8-6-4-2-1 Relay scoring: 20-16-12-8-4-2.

Equipment: 3/16 inch spikes or smaller required. Pawhuska Schools will provide starting blocks. Please no tape on the running surface.

Hospitality Room: A coaches Hospitality room will be set-up in the Ag building behind the stadium, with plenty of varieties of foods and drinks available.

RSVP: PLEASE RSVP so I have contact information in case of inclement weather.

Parking: All buses will park at the softball parking lot on the East side of our stadium.

OSSAA rules will apply

Pawhuska JH Invitational Track Meet

Tuesday, March 28th 2017

ORDER OF EVENTS

9:30 am

400 METER RELAY	GIRLS	BOYS
100 M HURDLES (30)	GIRLS	
110 M HURDLES (30)		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS

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400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS	BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

FIELD EVENTS

POLE VAULT	7 TH , 8 TH BOYS	7 TH , 8 TH GIRLS
HIGH JUMP	7 TH , 8 TH GIRLS	7 TH , 8 TH BOYS
LONG JUMP	7 TH , 8 TH BOYS	7 TH , 8 TH GIRLS
SHOT PUT	7 TH , 8 TH BOYS	7 TH , 8 TH GIRLS
DISCUS	7 TH , 8 TH GIRLS	7 TH , 8 TH BOYS

***NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS. EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**

OSSAA rules will apply