

# 2017 MIDDLE SCHOOL SUBURBAN CONFERENCE TRACK CHAMPIONSHIP

Western Heights High School – Friday, April 21<sup>st</sup> 2017  
Coaches Meeting at 3:30 - Field Events at 3:45 - Running Events at 4:15

## RUNNING EVENTS

400 METER RELAY	7G / 8G / 7B / 8B
3200 METER RELAY	BOYS/GIRLS
100 METER HURDLES	7G / 8G
110 METER HURDLES	7B / 8B
3200 METER RUN	BOYS/GIRLS
800 METER RELAY	7G / 8G / 7B / 8B
800 METER RUN	7G / 8G / 7B / 8B
100 METER DASH	7G / 8G / 7B / 8B
400 METER DASH	7G / 8G / 7B / 8B
300 METER HURDLES	7G / 8G / 7B / 8B
200 METER DASH	7G / 8G / 7B / 8B
1600 METER RUN	GIRLS, BOYS
1600 METER RELAY	7G / 8G / 7B / 8B

## FIELD EVENTS

SHOT PUT	GIRLS, BOYS 7G / 8G / 7B / 8B
DISCUS	BOYS, GIRLS 7B / 8B / 7G / 8G
LONG JUMP	BOYS, GIRLS 7B / 8B / 7G / 8G
HIGH JUMP	GIRLS, BOYS 7G / 8G / 7B / 8G
POLE VAULT	GIRLS, BOYS 7G / 8G / 7B / 8G

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### *School Assignments:*

#### SHOT

Piedmont (All Girls)  
Noble (All Boys)

#### DISCUS

Chickasha (All Boys)  
El Reno (All Girls)

#### POLE VAULT

Shawnee (All Girls and Boys)

#### LONG JUMP

Guthrie (All Boys)  
Carl Albert (All Girls)

#### HIGH JUMP

Western Heights (All Girls)  
Western Heights (All Boys)

#### RELAY EXCHANGES

4x100 / 4x200 ó Noble (exchange 1), Shawnee (exchange 2), Piedmont (exchange 3)  
4x400 / 4x800 ó Guthrie (Break)

HEATING/SCORING/AWARDS ó Western Heights

**ATTENTION COACHES: This is a Seeded Entries meet. Schools must submit their entries on [www.endurouosa.com](http://www.endurouosa.com) by completing steps 1 – 6 for “Seeded Entries”. No additions will be allowed, all races will be pre-heated. The entry deadline is Thursday – April 20 at 5:00pm.**