

2017 Western Conference  
Track and Field Meet  
April 18, 2017

Hosted by Woodward

**Teams invited:** Altus, Anadarko, Cache, Clinton, Elgin,  
Elk City, Weatherford, and Woodward

**Team Check-In:**

9:30—Coach's Meeting  
10:00—Field Events Begin  
10:30—Running Events Begin

**4 Divisions:**

Junior High (7<sup>th</sup> & 8<sup>th</sup>) Boys and Girls  
High School Boys and Girls

Each participant will be limited to 4 events, including relays. One relay per team and no "B" teams.

**All events will be pre-heated. Coaches will need to send in their athletes and their best times in the following events by noon Friday April 14<sup>th</sup>.**

100, 200, 400, 100H, 110H, 300H  
400 M Relay, 800 M Relay, 1600 M Relay

All running events will be timed finals. We have a 6-lane track.

**Field events:**

Junior high will be 3 throws/jumps only.  
High school will be 3 throws/jumps, top 7 move to finals and get 3 more attempts.

\*All schools will be expected to help run off the field events. We will take care of the timing and scoring. Please email your school's preference when you send in your athletes' times. It will be first come first get.

**Entry Fee:**

HS Girls-\$80, HS Boys-\$80, JH Girls-\$80, JH Boys-\$80.  
If all four teams are coming, the entry fee will be \$300.

**Awards:**

1<sup>st</sup>-3<sup>rd</sup> in individual events and relays. Team championship plaque in all divisions.

**Contact Numbers and emails:**

Andy Newby—Athletic Director

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Ashley Hixon—HS Head Coach

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Greg Uribe—JH Head Coach

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[gruribe@woodwardps.net](mailto:gruribe@woodwardps.net)

Email all entries to [ashixon@woodwardps.net](mailto:ashixon@woodwardps.net)

OSSAA sanctioned meet. All OSSAA and NFS rules will apply.

## Order of Events

### **Field Events (10:00)**

High Jump	JHB, HSB, JHG, HSG
Long Jump	HSG, JHG, HSB, JHB
Shot Put	HSB, JHB, HSG, JHG
Discus	HSG, JHG, HSB, JHB
Pole Vault	Girls together, Boys together

### **Running Events (10:30)**

400 Relay	JHG, JHB, HSG, HSB
3200 Relay	JHG, JHB, HSG, HSB
100 Hurdles	JHG, HSG
110 Hurdles	JHB, HSB
3200 Run	HSG, HSB (JHG/JHB if interest)
800 Relay	JHG, JHB, HSG, HSB
800 Run	JHG, JHB, HSG, HSB
100 Dash	JHG, JHB, HSG, HSB
400 Dash	JHG, JHB, HSG, HSB
300 Hurdles	JHG, JHB, HSG, HSB
200 Dash	JHG, JHB, HSG, HSB
1600 Run	JHG, JHB, HSG, HSB
1600 Relay	JHG, JHB, HSG, HSB

\*\*Thrower relay will be held if there is time between the 200 and 1600 run.

**Make sure to email or text that you are coming.**

**Make sure to email your entries in by noon, April 14.**