

# WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET

DATE: APRIL 11, 2017

ENTRY FEE: \$65 Per Team or \$260 for all 4 teams or \$10 per Individual (up to 3) PLEASE RSVP IF PLANNING TO ATTEND (405) 665-1113

FACILITIES: 6 Lane Metric **New Polyurethane Surface**  
LJ, HJ, & PV approaches are Polyurethane Surfaces  
Discus and Shot Put slabs are Concrete

AWARDS: NO TEAM SCORES  
MEDALS to the Top FIVE (5) PLACES in INDIVIDUAL EVENTS & TOP THREE (3) PLACES IN RELAYS

4 DIVISIONS: ONLY 3 PARTICIPANTS PER SCHOOL IN EACH EVENT & ONE RELAY TEAM ONLY. NO EXCEPTIONS!!! (**B Teams will be charged as a Team Entry**)

7 <sup>TH</sup> GRADE GIRLS	7 <sup>TH</sup> GRADE BOYS
JR. HIGH GIRLS	JR. HIGH BOYS

PAYMENT: MAKE CHECKS PAYABLE TO: WYNNEWOOD TRACK  
MAIL TO: WYNNEWOOD HIGH SCHOOL  
702 EAST ROBERT S. KERR BLVD.  
WYNNEWOOD, OK 73098  
ATTENTION: Richard Norman

INCLEMENT WEATHER 6 CALL (405) 761-5258 Richard Norman

## GENERAL INFORMATION

1. Coaches Meeting at 9:00 a.m.
2. All heating will be done at the HEATING BENCHES.
3. FIELD EVENTS begin at 9:30 a.m. TIMED FINALS begin at 10:00 a.m.
4. Each school is allowed THREE (3) INDIVIDUALS or ONE RELAY per EVENT. (extra individuals will be charged)
5. Competitors are limited to FOUR (4) EVENTS.
6. STARTING BLOCKS will be furnished.
7. ALL CAMPS will be on the practice field. (West of the Track)
8. EACH TEAM IS RESPONSIBLE FOR THE CARE OF ITS VALUABLES.
9. CONCESSION STAND WILL BE OPEN.
10. Dressing rooms are not available.
11. Restrooms will be open.
12. NON-CONTESTANTS WILL NOT BE ALLOWED INSIDE THE TRACK.
13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
14. FIELD EVENTS will get THREE (3) ATTEMPTS. NO FINALS.

SHORT SPIKES\*\*\*\*\*SHORT SPIKES\*\*\*\*\*SHORT SPIKES\*\*\*\*\*SHORT SPIKES\*\*\*\*\*

If you have any questions, please call (405) 665-1113.

Richard Norman  
Athletic Director

# WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET

ONLY 3 PARTICIPANTS IN EACH EVENT OR ONE RELAY TEAM FROM YOUR SCHOOL.

## FIELD EVENTS: 9:30 A.M. NO FINALS

EACH CONTESTANT WILL RECEIVE ONLY THREE (3) ATTEMPTS TOTAL.

SHOT	7G ó 7B ó JHG ó JHB (3 THROWS)
DISCUS	JHG ó JHB ó 7G ó 7B (3 THROWS)
LONG JUMP	7B ó JHB ó 7G ó JHG (3 JUMPS)
HIGH JUMP	JHB ó 7B ó JHG ó 7G
POLE VAULT	JHG ó JHB (will be done together)

## RUNNING EVENTS 10:00 A.M. TIMED FINALS

400 METER RELAY	7G ó 7B ó JHG ó JHB
3200 METER RELAY	7G ó 7B ó JHG ó JHB
100 METER HURDLES	7G ó JHG
110 METER HURDLES	7B ó JHB
*ALL HURDLES RACES WILL BE AT 30ö	
100 METER DASH	7G ó 7B ó JHG ó JHB
800 METER RELAY	7G ó 7B ó JHG ó JHB
800 METER RUN	7G ó 7B ó JHG ó JHB
400 METER DASH	7G ó 7B ó JHG ó JHB
300 METER HURDLES	7B ó JHB ó 7G ó JHG
200 METER DASH	7G ó 7B ó JHG ó JHB
1600 METER RUN	7G ó 7B ó JHG ó JHB
1600 METER RELAY	7G ó 7B ó JHG ó JHB

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