

GARY READNOUR MEMORIAL HIGH SCHOOL TRACK MEET

PLACE: WYNNEWOOD HIGH SCHOOL TRACK

DATE: April 14, 2017

ENTRY FEE: \$75.00 Per Team(\$150.00 for both) or \$10.00 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 & 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

DIVISIONS: HIGH SCHOOL GIRLS
HIGH SCHOOL BOYS

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

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

GENERAL INFORMATION

Coaches Meeting begins at 9:00

1. All Heating will be done at the HEATING BENCHES
2. FIELD EVENTS begin at 9:30 a.m.. TIMED FINALS begin at 10:00 a.m.
3. **Each school is allowed THREE (3) INDIVIDUALS or ONE RELAY per EVENT ONLY!**
(B Teams will be charged as a team entry)
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 OVAL.
13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
14. FIELD EVENTS will only get FOUR ATTEMPTS. **NO FINALS.**
15. **OSSAA RULES WILL GOVERN THE MEET.**

SHORT SPIKES***SHORT SPIKES*****SHORT SPIKES*****SHORT SPIKES**

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

Richard Norman

GARY READNOUR MEMORIAL HIGH SCHOOL TRACK MEET
WYNNEWOOD, OK

FIELD EVENTS: 9:30 a.m. NO FINALS

EACH CONTESTANT WILL RECEIVE ONLY FOUR ATTEMPTS TOTAL

SHOT BOYS ó GIRLS (4 THROWS)
DISCUS GIRLS ó BOYS (4 THROWS)
LONG JUMP GIRLS ó BOYS (4 JUMPS)
HIGH JUMP BOYS -- GIRLS
POLE VAULT GIRLS ó BOYS (possible same time)

RUNNING EVENTS: 10:00 a.m. TIMED FINALS

400 METER RELAY GIRLS ó BOYS
3200 METER RELAY GIRLS ó BOYS
100 METER HURDLES GIRLS
110 METER HURDLES BOYS
100 METER DASH GIRLS ó BOYS
3200 METER RUN GIRLS
800 METER RELAY GIRLS ó BOYS
800 METER RUN GIRLS ó BOYS
400 METER DASH GIRLS ó BOYS
3200 METER RUN BOYS
300 METER HURDLES GIRLS ó BOYS
200 METER DASH GIRLS ó BOYS
1600 METER RUN GIRLS ó BOYS
1600 METER RELAY GIRLS ó BOYS

SHORT SPIKES**SHORT SPIKES****SHORT SPIKES****SHORT SPIKES**