

Adair Public Schools



Coaches:

On behalf of Adair Public Schools, We would like to invite you to participate in our Middle School boys and girls track meet to be held on **Thursday March 29th 2018**

Entry Fee: \$50.00 for each boys and girls team in each grade, or \$10.00 per individual if less than four participants.

Time: Coaches meeting at 9:45 a.m. Meet begins at 10:00 a.m.

Divisions: 7th Girls, 7th Boys and 8th Girls, 8th Boys.

Medals: **Medals will be awarded to the top FIVE places.**

Team Points: Individual events will be pointed to the top six places as follows: 10-8-6-4-3-2-1. Relays will be pointed to the top six places as follows: 20-16-12-8-6-4-2. No team plaques will be given.

Limitations: Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one team per relay. Three throws will be given in the shot and discus and three jumps in the long jump. We will not have Pole Vault.

Please notify me as soon as possible if you are attending our meet.

Sincerely,

Brad Rogers

Brad Rogers
Athletic Director
Adair Public Schools
918-785-2434
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Schedule of Events

Running Events 10:00 a.m.

400 Relay – Girls/Boys
3200 Relay – Girls/Boys
100 Hurdles – Girls
110 Hurdles – Boys
100m Dash – Girls/Boys
800m Relay – Girls/Boys
800m run – Girls/Boys
400m Dash – Girls/Boys
300m Hurdles – Girls/Boys
200m Dash – Girls/Boys
1600m Run – Girls/Boys
1600m Relay – Girls/Boys

Field Events 10:00 a.m.

Long Jump - 8th Boys/7th boys/ 8th Girls/7th Girls
High Jump - 8th Girls/7th Girls/8th Boys/7th Boys
Shot – 7th Boys/8th Boys/7th Girls/8th Girls
Discus – 7th Girls/8th Girls/7th Boys/8th Boys
No Pole Vault

