

CADDO COUNTY TRACK AND FIELD MEET APRIL, 10, 2018 AT HINTON

COACHES MEETING: 9:15am FIELD EVENTS START: 9:30 RUNNING EVENTS START: 10:30

This meet is a finals only meet! This meet is by invitation only!

Entry fee: \$75 for each J.H. team, \$75 for each H.S. team (\$300 for all 4 teams) if less than 4 team members then \$15 per individual.

Divisions: J.H. Boys & Girls; H.S. Boys & Girls----9th graders may participate in J.H. or H.S. but not both.

Participation: Athletes are limited to four events. Schools may enter 1 relay team and 3 individuals in each event.

Awards: Medals to the top 5 in each individual event and top 3 relays. 1st & 2nd place trophies in each division. Award for high point individual in each division(relay points are divided by 2)

Make checks payable to HINTON ATHLETICS.

FIELD EVENTS: 9:30-----High Jump H.S. Boys/J.H. Boys/H. S. Girls/J.H. Girls

Long Jump H.S. Girls/J.H. Girls/H.S. Boys/J.H. Boys

Pole Vault J.H. & H.S. Girls/J.H. & H.S, Boys (all girls then all boys)

Shot Put J.H. Boys/ H.S. Boys/ J.H. Girls/H.S. Girls

Discus J.H. Girls/H.S. Girls/J.H. Boys/H.S. Boys

RUNNING EVENTS: 10:30 am (unless listed, the order will be J.H. Girls/J.H. Boys/H.S. Girls/H.S. Boys)

400M RELAY 100M DASH

3200M RELAY 400M DASH

100M HURDLES J.H.GIRLS/H.S. GIRLS 300M HURDLES J.H. GIRLS/J.H. BOYS/H.S. GIRLS/H.S. BOYS

110M HURDLES J.H. BOYS/H.S. BOYS 200M DASH

3200M RUN 1600M RUN

800M RELAY 1600M RELAY

800M RUN

ALL TEAM CAMPS WEST OF CONCESSION, BETWEEN TRACK AND SB FIELD OR ON WEST SIDE OF TRACK.

PLEASE CALL OR TEXT COACH RUSS IF YOU ARE GOING TO ATTEND: 405-545-0155