

Moore High School Thursday, April 26, 2018

This is a SEEDED MEET. All entries must be submitted to trackroster.com by 3:00 PM on April 24th.

ALL SEED TIMES AND DISTANCES WILL BE VERIFIED using official results posted on ohstrack.com. Please enter valid marks from this year only. If an entrant does not have a valid mark from this year, leave the seed mark blank. If using a seed mark from a meet not listed on ohstrack.com, please notify the meet director.

Meet Director: Chad Mashburn Moore High School

chadmashburn@mooreschools.com

Start Times:	9:00	Packet Pickup
		Track and Runways open for warm-ups
9:10 Scratch Meeting		Scratch Meeting
	9:20	Coaches Meeting
	9:30	1 st call for 10 AM events
	9:45	Track and Field Competition Areas closed. Competing athletes only.
		For a full order of events, see next page.

Each athlete may only compete in a single division (9th or Varsitv). **Entries:**

Each athlete is limited to four (4) events total.

Teams are limited to three (3) individuals per event and one (1) team per relay.

Be sure to enter correct marks for seeding in trackroster.com by the deadline,

3:00 PM on April 24.

OSSAA and National Federation rules apply. Rules:

Scoring will be 10-8-6-4-2-1. Relays will be double points.

Assignments: **Deer Creek** – Long Jump (all Varsity), 2nd Exchange Judge 2, Jury of Appeals

Edmond Memorial – Discus (all Varsity), 3rd Exchange Judge, Hurdle Judge

Edmond North – Discus (all 9th), Finish Line, Exchange Judge (4x2)

Edmond Santa Fe – High Jump Judge (all Varsity), 1st Exchange Judge, Marshall

Moore – Referee, Awards, Hurdle Judge, **Mustang** – Shot Put Judge (all Varsity), 1st Exchange Judge Norman – Pole Vault Judge (all Girls), Curve Judge (East) Norman North – Long Jump Judge (all 9th), 3rd Exchange Judge Southmoore – 2nd Exchange Judge, Asst. Starter, Curve Judge (West)

Stillwater – High Jump Judge (all 9th), Jury of Appeals

Westmoore - Pole Vault (all Boy's), Clerk of Cousre

Yukon – Shot Judge (all 9th), Jury of Appeals



Order of Events

Field Events*

Time	Event	Division	Time	Event	Division
10:00 AM	Discus Throw	VB	2:00 PM	Discus Throw	9B
10:00 AM	Shot Put	VG	2:00 PM	Shot Put	9G
10:00 AM	High Jump	VB	2:00 PM	Long Jump	9G
10:00 AM	Long Jump	VG	2:00 PM	High Jump	9B
10:00 AM	Pole Vault	9G	2:30 PM	Pole Vault	VB
12:00 PM	Discus Throw	VG	4:00 PM	Discus Throw	9G
12:00 PM	Shot Put	VB	4:00 PM	Shot Put	9B
12:00 PM	High Jump	VG	4:00 PM	Long Jump	9B
12:00 PM	Long Jump	VB	4:00 PM	High Jump	9G
12:00 PM	Pole Vault	VG	5:00 PM	Pole Vault	9B

^{*} In the LJ, SP, and DT athletes in all divisions will receive three preliminary attempts. All legal marks will be measured. The top eight competitors in prelims will qualify for finals and receive three additional attempts.

In the HJ starting height will be two inches lower than the lowest valid seed. The PV will begin six inches lower than the lowest valid seed (not to extend lower than our standards will allow).

Running Events*

Time	Event	Division
10:00 AM	4x100m Relay	9G, VG, 9B, VB
10:30 AM	4x800m Relay	9G, VG, 9B, VB
11:25 AM	100m Hurdles	9G, VG
11:50 PM	110m Hurdles	9B, VB
12:10 PM	3200m Run	9B, VB
12:40 PM	4x200m Relay	9G, VG, 9B, VB
1:20 PM	800m Run	9G, VG, 9B, VB
1:50 PM	100m Dash	9G, VG, 9B, VB
2:35 PM	3200m Run	9G, VG
2:55 PM	400m Dash	9G, VG, 9B, VB
3:45 PM	300m Hurdles	9G, VG, 9B, VB
4:30 PM	200m Dash	9G, VG, 9B, VB
5:10 PM	1600m Run	9G, VG, 9B, VB
5:55 PM	4x400m Relay	9G, VG, 9B, VB

^{*} All Running Events are a timed final. Times are approximate, but we will attempt to stay as close to the schedule as possible.