

Deer Creek Middle School Track Meet

Deer Creek High School

Saturday, April 14, 2018

Location: Deer Creek High School; 6101 N.W. 206th Street, Edmond, OK 73012

Teams: We are limiting our meet to the first 8 teams that contact George Meiwes (georgemeiwes@dcsok.org). No B teams will be allowed. The first 8 teams will be given an entry code for Enduro.

Divisions: 7th grade boys and girls, 8th grade boys and girls

Time: 9:00 am ó Coaches Meeting
9:30 am ó Running and Field Events

Cost: \$80 per division or \$240 per school

Send entry Fees to:

Deer Creek Public Schools
Attn: Deer Creek Middle School Track Coach
2601 N.W. 234th Street
Edmond, OK 73025

Schools must submit their entries on www.edurousa.com by completing Steps 1 – 6 for “Seeded” meets. The entry deadline for this meet is 5 pm, Thursday, April 12, 2017. There will be no additions to entries after this deadline or day of the meet. Scratches can be made at the meet.

- * Heating benches will be located on the south end of the track near the starting line.
- * No finals in field events. Each athlete will receive 3 jumps/3 throws.
- * Limit 3 individuals per event
- * Limit 4 events per individual
- * No öBö teams.
- There will be minimum qualifying marks in throws and jumps. Each athlete will have at least one jump or throw measured at their request.
- Hurdles: girlsøand 7th grade boysø30ö/8th grade boysø110H 33ö; 300H 30ö
- Medals will be awarded for 1st through 3rd place. Relays will medal 1st through 3rd place. 1st place team in each division will receive a championship plaque.
- Campsite availability around the track is mostly concrete due to all the buildings and construction.
- Scoring: 1st = 10 2nd = 8 3rd = 6 4th = 4 5th = 2 6th = 1 *Relays worth double

Relay Exchange Zones:

We will be taking coach volunteers for relay exchange zones.

Contact: George Meiwes ó georgemeiwes@dcsok.org, 405-348-4830

Bus parking will be in the parking lot for the Performing Arts and Athletic Center on the west side of MacArthur just north of the high school.

Order of Events

4 x 100 Meter Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
4 x 800 Meter Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
100 Meter Hurdles (30)	7 th Girls, 8 th Girls
110 Meter Hurdles (7 th – 30/8 th – 33)	7 th Boys, 8 th Boys
4 x 200 Meter Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
800 Meter Run	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
100 Meter Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
400 Meter Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
300 Meter Hurdles	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
200 Meter Dash	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
1600 Meter Run	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
4 x 400 Meter Relay	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys

Field Events

High Jump	8 th Boys, 7 th Boys, 8 th Girls, 7 th Girls
Long Jump	8 th Girls, 7 th Girls, 8 th Boys, 7 th Boys
Disc	7 th Girls, 8 th Girls, 7 th Boys, 8 th Boys
Shot	7 th Boys, 8 th Boys, 7 th Girls, 8 th Girls
Pole Vault	7 th /8 th Boys, 7 th /8 th Girls