



**Fort Gibson JH Invitational Track Meet
Fort Gibson High School
Leo Donahue Tiger Stadium
Thursday, March 29th, 2018**



Fort Gibson Athletic Department would like to invite you to our 9th annual JH Track Meet.

Entry Fee: \$70.00 for each team competing (Boys/Girls). \$10 for each individual if less than 5 members. Make checks payable to Fort Gibson Public Schools.

Divisions: There will be four divisions: 7-8 Girls and 7-8 Boys.

Time: 9:00 Coaches meeting. 9:30 Field Events. 10:00 Running Events.

Limits: Each contestant is limited to 4 events. Each school is limited to 3 contestants per event. Each school is limited to one team in each relay.

Awards: Medals will be awarded to individualists 1st- 4th. Relays 1st- 3rd.

****No Team points and no team awards will be given****

****Coaches will be fed at lunch****

****All OSSAA rules apply****

****No camping on football field allowed****

****No Pole Vault Event****

****Contact Coach Whiteley with any questions or concerns 918-637-5411****



ORDER OF EVENTS

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

FIELD EVENTS

HIGH JUMP	7TH, 8TH GIRLS	7TH, 8TH BOYS
LONG JUMP	7TH, 8TH BOYS	7TH, 8TH GIRLS
SHOT PUT	7TH, 8TH BOYS	7TH, 8TH GIRLS
DISCUS	7TH, 8TH GIRLS	7TH, 8TH BOYS

NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS.

HEIGHTS and MARKS

HIGH JUMP-	GIRLS: 7th- 4' 8th- 4'	BOYS: 7th- 4'2 8th- 4'2
SHOT-	GIRLS: 7th- 20' 8th- 20'	BOYS: 7th- 25' 8th- 30'
DISCUS-	GIRLS: 7th- 50' 8th- 50'	BOYS: 7th- 60' 8th- 70'