



**McAlester Clark Bass
Buffalo Relays
McAlester, Oklahoma**

- Date:** **Thursday, March 15, 2018**
- Time:** Coaches Meeting: 9:30 AM
Field Events & Running Events: 10:00 AM
- Location:** Clark Bass Track Complex
1310 N. 6th St.
- Entry Fee:** \$50.00 per team per division
With paid Varsity team, JV can run for \$25.00
*** note-- no refunds for rainout once meet has started
- Checks:** Make payable to McAlester High School Athletics
- Divisions:** High School Girls / Boys
JH Girls / Boys
- Limitations:**
4 throws allowed in Shot & Discus
Timed finals in relay events - no preliminaries
Heating of each race will be heated at the high jump pit.
- Awards:** Individual Medals up to 3 places
No team points
- Admission:** \$ 5.00 Adults and Students
- Bus Parking:** East side of Stadium

Bring Team Dressed to run = Dressing rooms are limited !!

For Information:

John Homer - - Athletic Director - - 918-424-5809

Brent Parker - Head Track Coach - 817-233-9566

Schedule of Events: March 15, 2018

10:00 AM

Shot Put

JHB, HSB, JHG, HSG

Discus

JHG, HSG, JHB, HSB

10:00 AM

Order of Running Events:

4x100 Hurdle Shuttle		JHG, HSG, JHB,
4x110 Hurdle Shuttle		HSB
800 relay		JHG, HSG, JHB, HSB
Distance Medley	400, 800, 1200, 1600	JHG, HSG, JHB, HSB
400 Meter Relay		JHG, HSG, JHB, HSB
1600 Meter Medley	200, 200, 400, 800	JHG, HSG, JHB, HSB
3200 Meter Relay		JHG, HSG, JHB, HSB
Sprint Medley	100, 100, 200, 400	JHG, HSG, JHB, HSB
1600 Meter Relay		JHG, HSG, JHB, HSB
Big Man Relay	4 x 100	JHG, HSG, JHB, HSB