



Metro 12 Conference Track Meet

Monday April 23, 2018

Del City High School

1900 S. Sunnyslane

Del City OK, 73115

This is a sanctioned meet, so OSSAA rules will apply.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on the ENDURO USA website (www.endurousa.com) by completing the steps for a "Roster Entries" meet. The entry deadline for the meet is Friday, April 20th by 6:00pm. Log into your ENDURO USA account at: www.endurousa.com

Time Line: 3:30 Coaches meeting (South end of the football field)

4:00 all events begin

General:

- 4 event limit per contestant
- Each school may enter 3 individuals per event
- Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
- Runners will be heated up on the north end of the football field
- Awards will be picked up at the press box following the 1600-meter relay
- Medals will be awarded to the top four places in open events and relays
- A trophy will be awarded to the winning team for each boys and girls' team.
- Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals.
- There will be 2 divisions, Boys and Girls; **\$125.00 for boys' and \$125.00 for girls' teams.**



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If you plan on attending, you must do the following:

1. You must notify **Michael Morgan** that you plan to attend at **mmorgan@mid-del.net**
2. You must have all your athletes listed on **ENDUROUSA.com** at least three days prior to meet.

Entry Fee: \$125.00 per boys' team & \$ 125.00 per girls' teams. \$250.00 Total Make checks to: Del Crest Athletics

Mail payment to: Del Crest Middle School
4731 Judy Dr.
Del City OK, 73115

If you have any questions concerning the meet, please contact Michael Morgan 405-973-4810

Schedule of Events

3:30 Coaches Meeting

4:00 Running and Field events

Field Events at 4:00

High Jump *Boys-Girls*

Long Jump *Girls-Boys*

Discus *Girls-Boys*

Shot *Boys-Girls*

Pole Vault *Boys-Girls*

Running Events at 4:00

4x100 Relay *Girls-Boys*

4x800 Relay *Girls-Boys*

100 Hurdles *Girls-Boys*

110 Hurdles *Girls-Boys*

4x200 Relay *Girls-Boys*

3200 Meter Run *Girls-Boys*

800 Run *Girls-Boys*

100 Dash *Girls-Boys*

400 Dash *Girls-Boys*

300 Hurdles *Girls-Boys*

200 Dash *Girls-Boys*

1600 Run *Girls-Boys*

4x400 Relay *Girls-Boy*