

Patriot Relays
Metro Christian Academy
High School Meet (10 team limit)
5A and below
April 10, 2018

Address: 6363 S Trenton Ave. Tulsa, Ok 74136

Entry Fee: \$75.00 for each boys and girls team. \$10.00 per individual if less than four members

On a team,

Time: All teams report to the Track Complex by 4:00 pm for a coaches meeting. (At Track shed south end of the track), Field events will begin at 4:30pm timed finals in running events at 4:45pm.

Divisions: Two divisions: HS boys and HS girls

Limitations: Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and 1 team in each relay. Three throws in Shot and Discus as well as three jumps in LJ. Eight athletes will be taken to the finals.

Medals: Awarded to 1st, 2nd, and 3rd places in all events.

Plaques: Awarded to 1st and 2nd Teams.

Team Points: Awarded to 1st thru 6th (10-8-6-4-2-1) place in individual events and in relays (20-16-12-8-4-2)

There will be food available for coaches at the beginning of the meet. There will also be a Concession stand.

Schools planning on attending must submit their entries on ENDURO ENTRIES.

This is a "roster entry" meet.

Cutoff date is April 9th @ 5:00pm

Please contact Coach Toby Hummingbird at 918-231-9449

or at thummingbird@metroca.com

Order of events

100h/110

4x100 Relay

Distance Medley Relay (1200-400-800-1600)

4x200 Relay

4x800 Relay

Sprint Medley Relay (100, 100,200,400)

4x100 Throwers Relay (must be co-ed)

100 Dash

1600 Run

4x400 Relay

Shot (G/B)

Discus (B/G)

PV (B/G)

LJ (B/G)

HJ (G/B)

Head Track and Field: Toby Hummingbird

Athletic Director: Adam Taylor

Certified Athletic Administrator: Jay Hight