

# **METRO LAKES CONFERENCE**

## **2018 TRACK AND FIELD CHAMPIONSHIPS**

Collinsville High School

Junior High 7th and 8th: Thursday, April 26th 3:30pm

High School and 9th: Friday, April 27th 3:30pm

On behalf of Collinsville Public Schools we would like to welcome you and your athletes to the 2018 Metro Lakes Conference Track and Field Championships. We will be using FAT timing and scoring for the meet and request that every team 7<sup>th</sup>- 9<sup>th</sup> and HS, enter their rosters prior to the meet online at [www.endurousa.com](http://www.endurousa.com) . If you do not have an account you can set one up by following the directions on the main page. Once you open an account please follow the following steps:

- (1) Enter your athletes on ENDUROUSA;
- (2) Add the meet to your on-line schedule;
- (3) Enter desired athletes from your roster in the meet and appropriate division (7-HS)

Each athlete will be assigned a competitor number. Head coaches will receive an email the day prior to the event with their respective athlete's competitor numbers. Athlete's competitor number is to be written on their left hand with permanent marker. Athletes will check-in for their respective events and show the clerk their competitor number that shall be written on their left hand. Field event athletes shall check-in at their event sites. Running events will check-in at the heating benches outside the north end zone in order to be placed in appropriate heats. Distance events and relays not finishing in lanes will report to the start line and places will be recorded at the finish line.

### **Conference Workers Schedule**

Timing system- Collinsville

HJ – Skiatook      PV – Pryor      LJ – Tahlequah      Shot – Coweta      Discus – Claremore

Exchange 1 – Grove      Exchange 2 - Collinsville (4X1 and 4X2)      Exchange 3 – Glenpool

# Metro Lakes Conference

## 2018 Track & Field Championships

### High School Schedule of Events

#### Coaches Meeting 3:00 pm, Field Events 3:30 pm

High Jump- HSB, HSG, 9B, 9G                      Long Jump- HSG, HSB, 9G, 9B  
 Shot- HSG, HSB, 9G, 9B                              Discus- HSB, HSG, 9B, 9G  
 Pole Vault- HSG, HSB, 9G, 9B

#### Timed Finals 4:00 pm

4:00	400 Relay	9-HS Girls, 9-HS Boys
4:10	3200 Relay	All Girls, All Boys
4:35	100 Hurdles	9-HS Girls (9-HS 33in)
4:45	110 Hurdles	9-HS Boys (9-36 in, HS 39in)
4:55	3200 Run	All Girls, All Boys
5:30	800 Relay	9-HS Girls, 9-HS Boys
5:45	800 Run	9-HS Girls, 9-HS Boys
6:00	100 M Dash	9-HS Girls, 9-HS Boys
6:15	400 M Dash	9-HS Girls, 9-HS Boys
6:30	300 M Hurdles	9-HS Girls, 9-HS Boys
6:45	200 M Dash	9-HS Girls, 9-HS Boys
7:00	1600 Run	9-HS Girls, 9-HS Boys
7:25	1600 Relay	9-HS Girls, 9-HS Boys

#### High School Minimum Measurements/Opening Heights

Shot	(Boys) 9 <sup>th</sup> - 35'	HS- 40'	(Girls) 9 <sup>th</sup> - 25'	HS- 30'
Discus	(Boys) 9 <sup>th</sup> - 80'	HS- 120'	(Girls) 9 <sup>th</sup> - 60'	HS- 80'
High Jump	(Boys) 9 <sup>th</sup> - 4'10"	HS- 5'6"	(Girls) 9 <sup>th</sup> - 4'4"	HS- 4'6"
Pole Vault	(Boys) 9 <sup>th</sup> - 8'	HS- 10'	(Girls) 9 <sup>th</sup> - 6'	HS- 7'

## Metro Lakes Conference Junior High Order of Events

### Coaches Meeting 3:00 pm

High Jump 7G, 8G, 7B, 8B

Shot 7G, 8G, 7B, 8B

Pole Vault 7G, 8G, 7B, 8B

### Field Events 3:30 pm

Long Jump 7B, 8B, 7G, 8G

Discus 7B, 8B, 7G, 8G

### Minimum Measurements/Opening Heights

Shot	(Boys) 7- 25'	8- 30'	(Girls) 7- 20'	8- 25'
Discus	(Boys) 7- 70'	8- 80'	(Girls) 7- 50'	8- 60'
High Jump	(Boys) 7- 4'6"	8- 4'8"	(Girls) 7- 4'	8- 4'2"
Pole Vault	(Boys) 7- 6'	8- 7'	(Girls) 7- low'	8- 6'

### Timed Finals 4:00pm

4:00	400 RELAY	7G, 8G, 7B, 8B
4:10	3200 RELAY	7G, 8G, 7B, 8B
4:40	100 H 30"	7G, 8G
4:50	110 H 30"	7B, 8B
5:00	800 RELAY	7G, 8G, 7B, 8B
5:15	800 RUN	7G, 8G, 7B, 8B
5:30	100 M DASH	7G, 8G, 7B, 8B
5:50	400 M DASH	7G, 8G, 7B, 8B
6:10	300 H 30"	7G, 8G, 7B, 8B
6:25	200 M DASH	7G, 8G, 7B, 8B
6:40	1600 RUN	7G, 8G, 7B, 8B
7:10	1600 RELAY	7G, 8G, 7B, 8B