

## 2018 MID-SOUTH CONFERENCE 7<sup>th</sup>/8<sup>th</sup> Grade Track Meet

1. You are invited to the 2018 Mid-State Conference Championship Track Meet to be held on Saturday, April 21, 2018 at Moore High School.
2. Coaches Meeting: 9:00
3. Field Events: 9:30
4. Running Events: 10:00
  
5. Event Entries will be limited to three individual and one relay team. Individual athletes can only compete in four events. **Individual athletes can only compete in one division.**
  
6. Participants must use  $\frac{1}{4}$ +or less spikes.
  
7. Heating will take place in the middle of the football field. All running events will be timed finals.
  
8. Individual awards will be given to the top three in each event.
  
9. Team awards will be given to the top two teams in each division.
  
10. Points will be awarded as follows.  
Individual 10 / 8 / 6 / 4 / 2 / 1  
Relays 20 / 16 / 12 / 8 / 4 / 2
  
11. Entry fees are \$65.00 per team (7<sup>th</sup> grade girls/7<sup>th</sup> grade boys/8<sup>th</sup> grade girls/8<sup>th</sup> grade boys = 4 teams for \$260). Make checks payable to Mid-South Athletic Conference.
  
12. Make checks payable to Mid South Conference and bring to the track meet on Apr 21.
  
13. Price for admission is: Adults \$3, Students and Seniors, \$2, Children under 5 free.
  
14. **MUST ENTER KIDS ON [trackroster.com](http://trackroster.com) (THIS WILL BE A SEEDED MEET)**

OSSAA Rules Apply

### **Order of Running Events beginning @ 10:00**

400 Meter Relay	7G/ 8G/ 7B/ 8B (no heats)	
3200 Meter Relay	7G & 7B together/ 8G & 8B together (no heats)	
100/110 Hurdles	7G/ 8G/ 7B/ 8B	
3200 Meter Run	All Divisions together (7G/7B/8G/ 8B)	
800 Meter Relay	7G/ 8G/7B/8B (no heats)	
800 Meter Run	7G/ 8G/ 7B/ 8B	
100 Meter Dash	7G/ 8G/ 7B/ 8B	30+(G) 33+(B)
400 Meter Dash	7G/ 8G/ 7B/ 8B	
300 Meter Hurdles	7G/ 8G/ 7B/ 8B	30+(B and G)
200 Meter Dash	7G/ 8G/ 7B/ 8B	
1600 Meter Run	7G & 7B together/ 8G & 8B together (no heats)	
1600 Meter Relay	7G/ 8G/ 7B/ 8B (no heats)	

### **Field Events beginning @ 9:30**

High Jump	8B/ 7B/ 8G/ 7G	Moore
Long Jump	7B/ 7G/ 8B/ 8G	Longfellow
Discus	7G/ 7B/ 8G/ 8B	Whittier
Shot	8G/ 8B/ 7G/ 7B	Irving
Pole Vault	7B/ 8B/ 7G/ 8G	Alcott
Heating/Medals		Southmoore
Finish Line		Westmoore

**Please bring tape measurers for the event you are working, all other supplies will be provided.**