



Pawhuska Invitational Track Meets

Junior High: Tuesday, March 27th, 2018

Head Track Coach: Mark Frye

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On behalf of Pawhuska Public Schools, we invite you and your teams to participate in our boys and girls track and field meets. We have an all-weather eight-lane track with excellent field facilities. A FAT system will be used in the timing of both meets.

- Entry Fee:** Junior High Division-\$60.00 entry for each boys and girls teams in each 7th and 8th grade division, or \$10.00 per athlete for 4 or fewer participants.
- Time:** Junior High Division: Coaches meeting 9:15 a.m. in hospitality room on West end of the stadium. First calls made at 9:30 and meet will begin at 9:45.
- JH Divisions:** 7th girls, 7th boys, 8th girls, 8th boys.- We will run the 300 meter hurdles.
- Limitations:** Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.
- Medals:** Medals will be awarded to the top three places.
- Trophies:** Trophies awarded to the top teams in each division.
- Team Points:** Individual scoring will apply: 10-8-6-4-2-1
Relay scoring will apply: 20-16-12-8-4-2.
- Equipment:** 3/16 inch spikes or smaller required. Pawhuska Schools will provide starting blocks. Please no tape on the running surface.
- Hospitality Room:** A coaches Hospitality room will be set-up in the Fieldhouse with plenty of varieties of foods and drinks available.
- RSVP:** Schools are welcome without reservation but if you know you are coming in advance, please call or email me your school information, including the number of coaches for cancellation or postponement information.
- Parking:** All buses will park at the softball parking lot on the East side of our stadium.

OSSAA rules will apply

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Tuesday, March 27, 2018

ORDER OF EVENTS

| | | | |
|------|--------------------|-------|------|
| 9:45 | 400 METER RELAY | GIRLS | BOYS |
| | 3200 METER RELAY | GIRLS | BOYS |
| | 100 M HURDLES (30) | GIRLS | |
| | 110 M HURDLES (30) | | BOYS |
| | 800 METER RELAY | GIRLS | BOYS |
| | 800 METER RUN | GIRLS | BOYS |
| | 100 METER DASH | GIRLS | BOYS |

-----BREAK-----

| | | | |
|--|------------------|-------|------|
| | 400 METER DASH | GIRLS | BOYS |
| | 300 METER LH | GIRLS | BOYS |
| | 200 METER DASH | GIRLS | BOYS |
| | 1600 METER RUN | GIRLS | BOYS |
| | 1600 METER RELAY | GIRLS | BOYS |

9:45

FIELD EVENTS

| | | |
|------------|-----------------------------------------|-----------------------------------------|
| POLE VAULT | 7 TH , 8 TH BOYS | 7 TH , 8 TH GIRLS |
| HIGH JUMP | 7 TH , 8 TH GIRLS | 7 TH , 8 TH BOYS |
| LONG JUMP | 7 TH , 8 TH BOYS | 7 TH , 8 TH GIRLS |
| SHOT PUT | 7 TH , 8 TH BOYS | 7 TH , 8 TH GIRLS |
| DISCUS | 7 TH , 8 TH GIRLS | 7 TH , 8 TH BOYS |

***NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS. EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**