

2018 Western Conference
Track and Field Meet
April 17, 2018

Hosted by Weatherford

Teams invited: Altus, Anadarko, Cache, Clinton, Elgin, Elk City, Weatherford, and Woodward

Please send all athletes names to Dana Hickman at dhickman@wpsok.org by April 13th so we can have them entered in computer program.

Team Check-In:

9:45-Coach's Meeting

10:00- Field Events Begin

10:30- Running Events Begin

4 Divisions:

Junior High (7th and 8th) Boys and Girls

High School Boys and Girls

Each participant will be limited to 4 events, including relays. One relay per team and no "B" teams.

Coaches will heat the relays in the Coach's meeting.

All running events will be timed finals. We have a 6-lane track.

Field events:

Junior high will be 3 throws/jumps only.

High school will be 3 throws/jumps, top 7 move to finals and get 3 more attempts.

*All schools will be expected to help run off the field events. Please email your school's preference on where you would like to work. It will be first come first serve.

Entry Fee:

HS Girls- \$80, HS Boys- \$80, MS Girls- \$80, MS Boys- \$80. If all four teams are coming, the entry fee will be \$300.

Awards:

1st - 3rd in individual events and relays. Team Championship trophy in all divisions.

Contact Numbers and emails:

Dennis Seifried-HS Boys Coach

(580) 774-8911

dseifried@wpsok.org

Kaleb Fischer-HS Girls Coach

(580) 302-1617

kfischer@wpsok.org

Dana Hickman-MS Track Coach

(580) 819-1465

dhickman@wpsok.org

Order of Events

Field Events (10:00)

High Jump	MS Girls, HS Boys, MS Girls, HS Girls
Long Jump	HS Girls, MS Girls, HS Boys, MS Boys
Shot Put	HS Boys, MS Boys, HS Girls, MS Girls
Discus	HS Girls, MS Girls, HS Boys, MS Boys
Pole Vault	Girls together, Boys together

Running Events (10:30)

400 Relay	MS Girls, MS Boys, HS Girls, HS Boys
3200 Relay	MS Girls, MS Boys, HS Girls, HS Boys
100 Hurdles	MS Girls, HS Girls
110 Hurdles	MS Boys, HS Boys
3200 Run	HS Girls, HS Boys
800 Relay	MS Girls, MS Boys, HS Girls, HS Boys
800 Run	MS Girls, MS Boys, HS Girls, HS Boys
100 Dash	MS Girls, MS Boys, HS Girls, HS Boys
400 Dash	MS Girls, MS Boys, HS Girls, HS Boys
300 Hurdles	MS Girls, MS Boys, HS Girls, HS Boys
200 Dash	MS Girls, MS Boys, HS Girls, HS Boys
1600 Run	MS Girls, MS Boys, HS Girls, HS Boys
1600 Relay	MS Girls, MS Boys, HS Girls, HS Boys