

January 23, 2018

The Woodward Middle School track coaches would like to invite you and your track teams to our MS meet at Woodward High School. The date of the meet is March 29, 2018. This meet is open to all classes.

There will be four divisions: 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys.

There will be a coaches meeting at 9:00 AM at the heating benches. The field events will begin at 9:30 and the running events will begin at 9:45. All running events will be a timed final and will follow the OSSAA recommended format for the order of events for the meet.

The entry fees are as follows:

\$60.00 per team / division (a team consists of four or more) or \$10 per individual.

ATTENTION

(If you plan to enter all 4 divisions, the cost will be \$200) (Please call if you have questions)

Trophies will be awarded for 1st place in the in all four divisions. Medals will be awarded for 1st, 2nd, and 3rd place in each respective division.

There will be a concession stand available. There will be a complimentary meal for all coaches.

The team camp area will be located on the south and north sides of the stadium. Please remind your athletes to pick up their campsite.

If you have any questions, please contact one of the following:

Ashley Hixon ashixon@woodwardps.net
580-819-3548

Greg Uribe guribe@woodwardps.net
580-216-0439

Please email one of us to let us know you are planning on attending.

9:00 Coaches Meeting in home locker room

9:30 FIELD EVENTS {3 ATTEMPTS}

High Jump	7th Boys, 8th Boys, 7th Girls, 8th Girls
Long Jump	7th Girls, 8th Girls, 7th Boys, 8th Boys
Discus	8th Boys, 7th Boys, 8th Girls, 7th Girls
Shot Put	8th Girls, 7th Girls, 8th Boys, 7th Boys
Pole Vault	All Girls, All Boys

9:45 RUNNING EVENTS

TIMED FINALS MEET

400 Relay---7th Girls, 8th Girls, 7th Boys, 8th Boys
3200 Relay---7th Girls, 8th Girls, 7th Boys, 8th Boys
100 Hurdles---7th Girls 30" 8th Girls 33"
110 Hurdles---7th Boys 33" 8th Boys 39"
3200 Run--7th Girls/Boys, 8th Girls/Boys
800 Meter Relay---7th Girls, 8th Girls, 7th Boys, 8th Boys
800 Meter Run---7th Girls, 8th Girls, 7th Boys, 8th Boys
100 Meter Dash---7th Girls, 8th Girls, 7th Boys, 8th Boys

PROPOSED BREAK (30 minute lunch break around 12:00)

400 Meter Dash---MS Girls, MS Boys, HS Girls, HS Boys
300 Meter Hurdles---MS Girls 30" HS Girls 30"
300 Meter Hurdles---MS Boys 30" HS Boys 36"
200 Meter Dash--- MS Girls, MS Boys, HS Girls, HS Boys
1600 Meter Run--- MS Girls, MS Boys, HS Girls, HS Boys
1600 Meter Relay--- MS Girls, MS Boys, HS Girls, HS Boys