

Caddo County Track Meet

Coaches,

We would like to invite you to the Caddo County Junior High/High School Track and Field Meet. The meet will be Tuesday, April 9, with The coaches meeting beginning at 9:30 followed by the field events At 9:30 and the running events at 10:30 **(We will send out invitations to fill this meet)**

Hospitality will be provided for all of your coaches.

ENTRY FEES: \$ 75.00 per division \$300 for all four \$15 for individuals.

DIVISION: Jr. High/High School Girls Jr. High/High School Boys

TROPHIES: One team trophy will be given in each division.

MEDALS: Medals will be given to the top five places in each event.

(ONLY TOP 3 PLACES IN EACH RELAY)

POINTS: Individuals scoring 10-8-6-4-2-1 relay scoring 20-16-12-8-4-2

Starting blocks will be furnished. Spikes should be ¼ length.

FIELD EVENTS: 3 Throws/Jumps

EVENTS: Athletic limited to 4 events including relays. Each school will Be permitted to enter three (3) athletes/event, and one team in relay

HEATING ASSIGNMENT: Athletes will be heated according to times Each athletic will draw for lane assignment.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES WILL APPLY

FIELD EVENTS 9:30

RUNNING EVENTS 10:30

HIGH JUMP JHB HSB JHG HSG 400 RELAY-GIRLS-BOYS JHG-JHB-HSG-HSB

LONG JUMP HSG JHG HSB JHB 3200 RELAY-GIRLS/BOYS

SHOT PUT HSB JHB HSG JHG 100 HURDLES GIRLS

DISCUS HSG JHG HSB JHB 110 HURDLES BOYS

POLE VAULT (GIRLS TOGETHER) (BOYS TOGETHER)

3200 RUN-GIRLS/BOYS

800 METER RELAY GIRLS/BOYS

800 METER RUN

100 DASH-GIRLS/BOYS

400 DASH-GIRLS/BOYS

300 HURDLES-GIRLS/BOYS

200 DASH-GIRLS/BOYS

1600 RUN-GIRLS/BOYS

1600 RELAY-GIRLS/BOYS

*****Thrower relay will be held if there is time between the 200 and 1600 run

The "No False Start" Rule will apply

ADDITIONAL INFORMATION: All camps will set up outside the roped off area surrounding the track. Teams will be provided with trash bags to ensure cleanliness in the camping area and track facility. Concessions will be available. Dressing facilities are not provided. Restrooms will be open between the indoor baseball and softball field. Warm up area will be allowed on the track

ENTRÉE FEE:	\$ 75.00 PER TEAM	ANADARKO HIGH SCHOOL
	\$300.00 ALL FOUR TEAMS	1400 WARRIOR DRIVE
	\$ 15.00 PER INDIVIDUAL	ANADARKO, OK 73005.

ATHLETIC DIRECTOR	405 933 2245	404 247 2486	KENT JACKSON
	405 247 2496		MIKE WILLIAMS
	405 933 1034		KEITH SHAULL
	405 545 0677		CRAIG PRUITT

If you have any questions, please feel free to call

Mike Williams	(405) 247-2496	East Grade School
	(405) 247-3375	(Cell) Coach Williams
	(405) 247-5633	(Home)

MAKE SURE TO CALL OR TEXT OR EMAIL THAT YOU ARE

"COMING"

THANKS: ANADARKO COACHES