

**CHISHOLM 7<sup>th</sup> & 9<sup>th</sup> GRADE  
BOYS and GIRLS  
INVITATIONAL TRACK and FIELD MEET  
APRIL 9, 2019**

Chisholm High School will be hosting their 7<sup>th</sup> and 9<sup>th</sup> grade meet April 9, 2019. We have a seven (7) lane urethane surface track along with an electronic timing system.

We will follow OSSAA regulations and the following will apply:

- Only schools entering class 4A, 3A, 2A and A Regionals may enter.
  - There will be four divisions: 7<sup>th</sup> girls and boys 9<sup>th</sup> girls & boys
  - Only four (4) events may be entered by one contestant.
  - Each team may enter three (3) contestants per individual event and one (1) team per relay event.
  - Points will be scored 10-8-6-4-2-1 and will double for relays.
  - Three (3) medals will be awarded in each event. Plaques will be awarded to the first place teams in each division.
  - An entry fee of \$70.00 per division for both boys and girls teams will be charged. \$15.00 per individual, up to 4.
  - Make checks payable to Chisholm Public Schools. No refunds
  - **On-line Entry Deadline: Monday, April 8th @ 5pm.** \* \* \* \* We are using the "ENDURO" website - - - [www.endurousa.com](http://www.endurousa.com) \* \* \* \* Schools that attend this meet must submit their entries on the "ENDURO" website: [www.endurousa.com](http://www.endurousa.com). If you are using the website for the first time, you must setup an account and UPGRADE your account to "Coach of Record (school meets)". - Complete both steps on the "Entries Window". ("Roster Only" meet) \* \* \* NO LATE ENTRIES \* \* \* Schools who have not entered on-line will not be added at the meet. \* \* \* If you have any questions about your ENDURO USA account, please email your questions to: [kevin@runenduro.com](mailto:kevin@runenduro.com)
  - ¼" or less pyramid spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
  - Athletes will not be allowed on the field unless they are warming up or competing at the time. Camp outside the fence.
  - Coaches will meet at **8:30 am**. Field events will begin at **9:00 am**. Preliminaries will begin at **9:30 am**.
  - A concession stand will be open.
  - Admission will be: Adults-\$3.00 and Students-\$2.00
- If you have any questions, please contact:  
Joey Reinart (School) (580) 237-5512 x 443, Cell (405) 880-4921  
**E-mail** [jreinart@chisholm.k12.ok.us](mailto:jreinart@chisholm.k12.ok.us)  
Jim Coleman Cell (580) 791-1309  
**E-mail** [jcoleman@chisholm.k12.ok.us](mailto:jcoleman@chisholm.k12.ok.us)  
Mike Karnes (School) (580) 237-5512 x 404, Cell (918) 533-4003  
**E-mail** [mkarnes@chisholm.k12.ok.us](mailto:mkarnes@chisholm.k12.ok.us)

Results will be posted at [www.ohstrack.com](http://www.ohstrack.com)

**7<sup>TH</sup> AND 9<sup>TH</sup> GRADE GIRLS and BOYS  
CHISHOLM INVITATIONAL TRACK and FIELD MEET  
TUESDAY, APRIL 9, 2019**

**ORDER of EVENTS**

**FIELD EVENTS 9:00 a.m.**

Contestants will have three (3) attempts in the shot put, discus throw and long jump.  
All attempts will be FINALS

Shot Put (7 <sup>th</sup> - 6lb, 9 <sup>th</sup> - 4kg)	-----7 <sup>th</sup> B, 9 <sup>th</sup> B, 7 <sup>th</sup> G, 9 <sup>th</sup> G
Discus Throw	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
High Jump	-----9 <sup>th</sup> G, 7 <sup>th</sup> G, 9 <sup>th</sup> B, 7 <sup>th</sup> B
Long Jump	-----9 <sup>th</sup> B, 7 <sup>th</sup> B, 9 <sup>th</sup> G, 7 <sup>th</sup> G
Pole Vault	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B

**RUNNING EVENTS 9:30 a.m.**

400 relay	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
3200 relay	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
100 hurdles (30ö)	-----7 <sup>th</sup> G, 9 <sup>th</sup> G
110 hurdles (30ö)	-----7 <sup>th</sup> B
110 hurdles (33ö)	-----9 <sup>th</sup> B
800 relay	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
800 run	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
100 dash	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
400 dash	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
300 hurdles (30ö)	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
200 dash	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
1600 run	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B
1600 relay	-----7 <sup>th</sup> G, 9 <sup>th</sup> G, 7 <sup>th</sup> B, 9 <sup>th</sup> B