

Clinton Public Schools

Invitational Track & Field Meet

Junior High (7th & 8th graders only - **NO FRESHMAN**)

Saturday, April 13, 2019

If you will be attending our meet, please confirm no later than April 6th to Cory Strahorn (405) 365-6263 (text is fine)

This is a timed finals meet. We have a 6 lane track

4 Divisions:

7 grade Girls

7 grade Boys

8 grade Girls

8 grade Boys

\$75.00 per boys team and \$75.00 per girls team

If you are bringing all four teams, the cost is \$300.00

\$50.00 (per B Team)

\$10.00 per individual (up to 4)

Make checks payable to **Clinton Track & Field**

Note - no refunds for rainout once the track meet has started

Trophy's awarded for each Boys & Girls Team Champions

Medals will be awarded to the top 3 individual events & top 3 relays

Each contestant is limited to four (4) events, including relays.

Each school is limited to three (3) entrants in each event and one (1) team in each relay, unless you have paid for a B team. No points will be awarded for B teams.

9:30 am - Coaches Meeting in the Weight Room (located on the NW corner of the track)

10:00 am - Field events (Shot Put and Discus are located on the west side of the football game field)

10:30 am - Running events start

Lunch will be fed to the coaches & bus drivers

All OSSAA Rules will apply

Points will be awarded 10-8-6-4-2-1 and double for relays

Only 1/4" or less spikes will be allowed on running or jumping surfaces

Concession stand will be available

Restrooms for coaches and athletes are located on the north side of the football gamefield (or west side of the weight room).

Field events = three attempts in prelims, top 8 will advance to finals = three more attempts

All busses please park in the parking lot north of the track

Clinton High School

2130 Gary Blvd.

Clinton, OK 73601

RUNNING EVENTS

400 METER RELAY

3200 METER RELAY

100 METER HURDLES

110 METER HURDLES

30 minute Lunch break

800 METER RELAY

800 METER RUN

100 METER DASH

400 METER DASH

300 METER HURDLES

200 METER DASH

1600 METER RUN

1600 METER RELAY

FIELD EVENTS

SHOT PUT GIRLS, BOYS

DISCUS BOYS, GIRLS

LONG JUMP BOYS, GIRLS

HIGH JUMP GIRLS, BOYS

