



2019 Track and Field Championships
Moore High School
Thursday April 25, 2019

This is a seeded entry meet. All entries must be submitted to trackroster.com by 3:00 pm on Tuesday April 23rd. All Seed Times and Distances will be verified using official results posted on ohstrack.com. Please enter valid marks from this year only. If an entrant does not have a valid mark from this year, leave the seed mark blank. If using a seed mark not listed on ohstrack.com, please notify the meet director for instructions.

Meet Director: Stefan Seifried, Moore, 405-735-4757, stefanseifried@mooreschools.com

<u>Start Times:</u>	9:00	Packet Pickup, Runways and track open for warmup
	9:20	Coaches meeting
	9:30	First call for 10am field events
	9:45	Field event areas closed for warmups, coaches and athletes only
	10:00	Field events begin
	10:40	Track closes
	11:00	Running events begin

Entries: Each athlete may only compete in a single division (9th or Varsity)
Each athlete is limited to four (4) events total
Teams are limited to three (3) individuals per event and one (1) team per relay

Rules: OSSAA and National Federation rules apply
Scoring will be 10-8-6-4-2-1, relays will be double points

Assignments:

Deer Creek - Long Jump (varsity girls & 9th boys) / 2nd exchange judge 4x1 (2 people) / Jury of Appeals
Edmond Memorial - Discus (varsity boys & 9th girls) / 3rd exchange judge 4x1 (2 people) / hurdle judge
Edmond North - Discus (varsity girls and 9th boys) / finish line
Edmond Santa Fe - High Jump (varsity boys & 9th girls) / 1st exchange judge 4x1 (2 people)
Moore - Field referee / Awards / hurdle judge
Mustang - Shot (varsity girls & 9th boys) / 1st & 3rd exchange judge 4x2 (2 people)
Norman - Pole Vault (9th girls & varsity girls) / hurdle judge
Norman North - Long Jump (varsity boys & 9th girls) / hurdle judge
Southmoore - Asst. Starter / start & 3rd exchange judge 4x2 (2 people)
Stillwater - High Jump (varsity girls & 9th boys) / jury of appeals
Westmoore - Pole Vault (9th boys & varsity boys) / clerk of course
Yukon - Shot (varsity boys & 9th girls) / jury of appeals

Time Order of Events

FIELD EVENTS

TIME	EVENT	DIVISION	TIME	EVENT	DIVISION
10:00	Discus	VB	11:45	Discus	9G
	Shot	VG		Shot	9B
	High Jump	VB		High Jump	9G
	Long Jump	VG		Long Jump	9B
	Pole Vault	9G		Pole Vault	VG
1:30	Discus	VG	3:15	Discus	9B
	Shot	VB		Shot	9G
	High Jump	VG		High Jump	9B
	Long Jump	VB		Long Jump	9G
	Pole Vault	9B		Pole Vault	VB

*In the L J, SP, and Discus athletes in all divisions will receive three preliminary attempts. All legal marks will be measured. The top eight competitors in prelims will qualify for finals and receive three additional attempts.

*In the H J, starting height will be two inches lower than the lowest valid seed. The PV will begin six inches lower than the lowest valid seed (not to extend lower than our standards will allow).

Running Events

Time	EVENT	(Time for each)	Division
11:00	4x100 Relay	(15)	9G, VG, 9B, VB
11:15	4X800 Relay	(55)	9G, VG, 9B, VB
12:10	100/110 Hurdles	(30)	9G, VG, 9B, VB
12:40	3200m	(35)	9B, VB
1:15	4X200 Relay	(20)	9G, VG, 9B, VB
1:35	800m	(35)	9G, VG, 9B, VB
2:10	100m	(35)	9G, VG, 9B, VB
2:45	3200m	(40)	9G, VG
3:25	400m	(35)	9G, VG, 9B, VB
4:00	300 Hurdles	(30)	9G, VG, 9B, VB
4:30	200m	(40)	9G, VG, 9B, VB
5:10	1600m	(40)	9G, VG, 9B, VB
5:50	4x400 Relay	(40)	9G, VG, 9B, VB

*All running events are a timed final. Times are approximate, but we will attempt to stay as close to the schedule as possible.