

# Deer Creek Middle School Track Meet

## Deer Creek High School Thursday, April 11, 2019

**Location:** Deer Creek High School; 6101 N.W. 206<sup>th</sup> Street, Edmond, OK 73012

**Teams:** We are limiting our meet to the first 8 teams that contact Yohance Brown ([yohancebrown@dcsok.org](mailto:yohancebrown@dcsok.org)) and/or David Riden ([davidriden@dcsok.org](mailto:davidriden@dcsok.org))

**Divisions:** 7<sup>th</sup> grade boys and girls, 8<sup>th</sup> grade boys and girls

**Time:** 3:15 PM – Coaches Meeting

3:30 PM – Running and Field Events

**Cost:** \$75 per division or \$300 per school

**Send entry Fees to:** Deer

Creek Public Schools

Attn: David Riden 201701

N. MacArthur Edmond,  
OK 73012

*Schools must submit their entries on [www.edurousa.com](http://www.edurousa.com) by completing Steps 1 – 6 for “Seeded” meets. The entry deadline for this meet is 5 pm, Wednesday, April 10, 2019. There will be no additions to entries after this deadline or day of the meet. Scratches can be made at the meet.*

\* Heating benches will be located on the south end of the track near the starting line. \*

No finals in field events. Each athlete will receive 3 jumps/3 throws. \* Limit 3 individuals per event \* Limit 4 events per individual \* No “B” teams.

- There will be minimum qualifying marks in throws and jumps. Each athlete will have at least one jump or throw measured at their request.
- Hurdles: girls’ and 7<sup>th</sup> grade boys’ 30”/8<sup>th</sup> grade boys’ 110H 33”; 300H 30”
- Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place. Relays will medal 1<sup>st</sup> through 3<sup>rd</sup> place.
- Campsite availability around the track is mostly concrete due to all the buildings and construction.
- Scoring: 1<sup>st</sup> = 10 2<sup>nd</sup> = 8 3<sup>rd</sup> = 6 4<sup>th</sup> = 4 5<sup>th</sup> = 2 6<sup>th</sup> = 1 Relays worth double

### Relay Exchange

#### Zones:

We will be taking coach volunteers for relay exchange zones.

**Contact:** Yohance Brown – [yohancebrown@dcsok.org](mailto:yohancebrown@dcsok.org); David Riden -- [davidriden@dcsok.org](mailto:davidriden@dcsok.org)

**Bus parking will be in the parking lot for the Performing Arts and Athletic Center on the west side of MacArthur just north of the high school.**

## **Order of Events**

**4x100 Meter Relay:** 7th Girls, 8th Girls, 7th Boys, 8th Boys  
**4x800 Meter Relay:** 7th Girls, 8th Girls, 7th Boys, 8th Boys  
**100 Meter Hurdles:** 7th Girls (30), 8th Girls (30)  
**110 Meter Hurdles:** 7th Boys (30), 8th Boys (33)  
**4x200 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  
**400 Meter Dash:** 7th Girls, 8th Girls, 7th Boys, 8th Boys  
**300 Meter Hurdles:** 7th Girls, 8th Girls, 7th Boys, 8th Boys  
**1600 Meter Run:** 7th Girls, 8th Girls, 7th Boys, 8th Boys  
**4x400 Meter Relay:** 7th Girls, 8th Girls, 7th Boys, 8th Boys

\*may run extra relay per school in lieu of 200\*

## **Field Events:**

**High Jump:** 8th Boys, 7th Boys, 8th Girls, 7th Girls  
**Long Jump:** 8th Girls, 7th Girls, 8th Boys, 7th Boys  
**Disc:** 7th Girls, 8th Girls, 7th Boys, 8th Boys  
**Shot:** 7th Boys, 8th Boys, 7th Girls, 8th Girls  
**Pole Vault:** 7th/8th Boys, 7th/8th Girls