

VIKINGS RELAY MEET

MARCH 8, 2019



Hefner Middle School we would like to extend an invitation to participate in our 1st Annual Vikings Relay Meet. This meet will be held at Putnam City North High School. You must e-mail to confirm that you are coming and to verify that there is room. This is a sanctioned meet. OSSAA rules will apply. **The number of schools attending will be limited to the first 16 schools that reserve their spot in the track meet.**

Times: Coaches Meeting: 10:00 am
Field Events: 10:30 am
Running Events: 11:00 am

Team scoring will be 20-16-12-8-4-2

Relays will be heated up on the south end of the football field

Awards will be picked up at the press box following the 1600-meter relay.

Medals will be awarded to the top four places in open events and relays

A trophy will be awarded to the winning team for each boys and girls' team.

Shot Put, Disc, High Jump, and the Long Jump **MUST** have 3 competitors.

Each Competitor will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals.

Scoring will be the total for each team collectively from all 3 best distances added to give a team total distance.

There will be a relay for male throwers called the "Big Skinny" relay. This is the 4x100M Relay. Winning team will receive 2 large pizzas per team.

There will be 4 divisions, 7th & 8th Grade Girls, 7th & 8th Grade Boys;

\$70.00 for boys' and \$70.00 for girls' teams. If you bring all four teams the cost is \$280.00 per school.

Make checks out to:

Hefner Middle School

8400 N MacArthur Blvd, Oklahoma City, OK 73132

Online Entries:

If you plan on attending, you must do the following:

(1) Notify Vic Foster and/or Elbert Jones that you plan to attend at:

Superfit07@gmail.com and/or ElbertJ@putnamcityschools.org

(2) Enter all of your athletes on www.endurousa.com by **6:00pm - Wednesday March 7, 2019.**

((The meet will be CLOSED at 6pm!))) No late entries accepted. --- Schools planning to attend must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on our meet's "**ENTRIES Window**". If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. --- **NO exceptions this year.**

- - - Please log into your ENDURO USA™ account at: **www.endurousa.com**

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--- NEW ---

PREVIEW window: Immediately before departing for our meet, please view our meet's PREVIEW window for any last minute changes that effect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets & Events LIST" (right side of the window) after you log into your account.

If you have questions concerning our meet, please call the AD office and ask for Carmen at:
405-721-2411

Schedule of Events

10:00: Coaches Meeting

10:30: Field events

11:00: Running Events

Field Events at 10:30

High Jump: 8th Boys - 7th Boys; 8th Girls - 7th Girls

Long Jump: 8th Girls - 8th Boys; 7th Girls – 7th Boys

Discus: 7th Girls - 8th Girls; 7th Boys – 8th Boys

Shot Put: 7th Boys – 8th Boys; 7th Girls - 8th Girls

Running Events at 11:00

Team Mile (4 runners per team): 7th Girls & Boys / 8th Girls & Boys

4x800 Relay: 7th Girls, 8th Girls, 7th Boys, 8th Boys

1600M Medley (200 x 200 x 400 x 800): 7th Girls, 8th Girls, 7th Boys, 8th Boys

4x100M Relay: 7th Girls, 8th Girls, 7th Boys, 8th Boys

“Big Skinny” 4x100M Relay: 7th Boys, 8th Boys

4x200 Relay: 7th Girls, 8th Girls, 7th Boys, 8th Boys

Distance Medley (1200 x 400 x 800 x 100): 7th Girls, 8th Girls, 7th Boys, 8th Boys

Sprint Medley (100 x 100 x 200 x 400): 7th Girls, 8th Girls, 7th Boys, 8th Boys

4x400 Relay: 7th Girls, 8th Girls, 7th Boys, 8th Boys