



**McAlester Clark Bass  
Glen Stone Relays  
McAlester, Oklahoma**

- Date:** Thursday, March 7, 2019
- Time:** Coaches Meeting: 9:30 AM in the north end zone  
Field Events: 10:00 AM  
Running Events: 11:00 AM
- Location:** Clark Bass Track Complex – 1310 N 6<sup>th</sup> St, McAlester, OK 74501
- Entry Fee:** \$100.00 per team per division  
**With paid Varsity team, JV can run for \$50.00**  
\*Note - no refunds for rainout once meet has started\*
- Checks:** Make payable to McAlester High School Athletics
- Divisions:** HS Girls/Boys (9<sup>th</sup>-12<sup>th</sup>) and JH Girls/Boys
- Limitations:** 6 throws allowed in Shot & Discus  
No preliminaries – All events are timed finals  
Heating for each race will be in the north end zone
- Awards:** Medals for top 3 finishers in individual events and 1<sup>st</sup> place in relays  
Award for 1<sup>st</sup> place team in each division  
Six (6) places will score in all events: 10-8-6-4-2-1
- Admission:** \$ 5.00 Adults and Students
- Bus Parking:** East side of Hook Eales Stadium
- Team Camp:** Team camps must be setup outside of the fence around the track
- For Information:** John Homer – Athletic Director – 918-424-5809 [jhomer@mcalester.k12.ok.us](mailto:jhomer@mcalester.k12.ok.us)  
Kevin Wright – Head Track Coach – 918-705-0385 [kwright@mcalester.k12.ok.us](mailto:kwright@mcalester.k12.ok.us)  
Please contact to confirm team entries

## Schedule of Events Glen Stone Relays March 7, 2019

**10:00 AM**

**Order of Field Events:**

**High Jump**

JHG, JHB, HSG, HSB

**Long Jump**

JHB, JHG, HSB, HSG

**Shot Put**

JHB, JHG, HSG, HSB

**Discus**

JHG, JHB, HSB, HSG

**Pole Vault**

JHG, JHB, HSG, HSB

**11:00 AM**

**Order of Running Events:**

3200m Relay	800, 800, 800, 800	JHG, JHB, HSG, HSB
100m High Hurdles 30"/33"		JHG, HSG
110m High Hurdles 33"/39"		JHB, HSB
400m Relay	100, 100, 100, 100	JHG, JHB, HSG, HSB
Thrower Relay	100, 100, 100, 100	JHG, JHB, HSG, HSB *Must be a thrower*
800m Relay	200, 200, 200, 200	JHG, JHB, HSG, HSB
Distance Medley	1200, 400, 800, 1600	JHG, JHB, HSG, HSB
800m Sprint Medley	100, 100, 200, 400	JHG, JHB, HSG, HSB
300m Hurdles 30"/30"/30"/36"		JHG, JHB, HSG, HSB
1600m Sprint Medley	200, 200, 400, 800	JHG, JHB, HSG, HSB
3200m		JHG, JHB, HSG, HSB
1600m Relay	400, 400, 400, 400	JHG, JHB, HSG, HSB