

MEDFORD CARDINALS

TRACK MEETS

2019

Medford track meets are for schools that compete in **class 3A or below** in high school track.

Friday April 12, 2019 - High School Boys and Girls. \$75 per division.

Individual fees are \$15 per athlete.

Monday April 15, 2019 - JH Boys and Girls (7th & 8th Grade Only) \$60 per division.

Individual fees are \$10 per athlete.

Time: 9:30 a.m. Coaches Meeting

9:45 a.m. Field Events begin

10:15 a.m. Running Events begin. All Meets Are Timed Finals.

Limitations: Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay. Three throws will be allowed in the shot and discus and three attempts in the long jump, No finals. Pole Vault for JH and HS. High Jump for all levels.

Awards: Medals will be given to the top five (5) places in each event.

Team Points: 10-8-6-4-2-1, with double points awarded for relays.

Equipment: We have 6-lane Polyurethane Track and we use an automatic timing system (FATS). We request that only short spikes (1/4) or flat shoes are worn on this surface. Medford will furnish all starting blocks.

A Concession Stand will be in operation throughout the meet and all participants must keep their tents on the outfield grass of the baseball field.

If you have any questions, please call Eric Spidell or Mike Thompson at Medford High School at 580-395-2392. You can also send an email to espidell@medford.k12.ok.us

Please call and give your phone number if you're planning to attend. We will call those schools if bad weather forces cancellation.

MEDFORD JUNIOR HIGH

TRACK MEET

ORDER OF EVENTS

9:30 a.m. **COACHES MEETING** (This will be held in the building North of the football field.)

9:45 a.m. **FIELD EVENTS** – Each contestant will be awarded (3) attempts in the long jump, shot put, and discus throw. (NO FINALS.)

HIGH JUMP JHSB-JHSG

LONG JUMP JHSG-JHSB

DISCUS JHSG-JHSB

SHOT PUT JHSB-JHSG

POLE VAULT JHSB-JHSG

10:15 a.m. 3200 Relay JHSG-JHSB

TIMED FINALS

400 RELAY JHSG-JHSB

100 HURDLES JHSG

110 HURDLES JHSB

800 RELAY JHSG-JHSB

800 RUN JHSG-JHSB

100 DASH JHSG-JHSB

400 DASH JHSG-JHSB

300 HURDLES JHSG-JHSB

200 DASH JHSG-JHSB

1600 RUN JHSG-JHSB

1600 RELAY JHSG-JHSB