

METRO LAKES CONFERENCE

2019 TRACK AND FIELD CHAMPIONSHIPS

Coweta High School

Junior High 7th and 8th: Thursday, April 25th 3:30pm

High School and 9th: Friday, April 26th 3:30pm

On behalf of Coweta Public Schools we would like to welcome you and your athletes to the 2019 Metro Lakes Conference Track and Field Championships. We request that every team 7th- 9th and HS, enter their rosters prior to the meet online at www.endurousa.com . If you do not have an account you can set one up by following the directions on the main page. Once you open an account please follow the following steps:

- (1) Enter your athletes on ENDUROUSA;
- (2) Add the meet to your on-line schedule;
- (3) Enter desired athletes from your roster in the meet and appropriate division (7-HS)

Each athlete will be assigned a competitor number. Head coaches will receive an email the day prior to the event with their respective athlete's competitor numbers. Athlete's competitor number is to be written on their left hand with permanent marker. Athletes will check-in for their respective events and show the clerk their competitor number that shall be written on their left hand. Field event athletes shall check-in at their event sites. Running events will check-in at the heating benches outside the north end zone in order to be placed in appropriate heats. Distance events and relays not finishing in lanes will report to the start line and places will be recorded at the finish line.

Conference Workers Schedule

Timing system- Coweta

HJ – Skiatook PV – Pryor LJ – Tahlequah Shot – Coweta Discus – Claremore

Exchange 1 – Grove Exchange 2 - Collinsville (4X1 and 4X2) Exchange 3 – Glenpool

Metro Lakes Conference

2019 Track & Field Championships

High School Schedule of Events

Coaches Meeting 3:00 pm, Field Events 3:30 pm

High Jump- HSB, HSG, 9B, 9G Long Jump- HSG, HSB, 9G, 9B

Shot- HSG, HSB, 9G, 9B Discus- HSB, HSG, 9B, 9G

Pole Vault- HSG, HSB, 9G, 9B

Timed Finals 4:00 pm

4:00 400 Relay 9-HS Girls, 9-HS Boys

4:10 3200 Relay All Girls, All Boys

4:35 100 Hurdles 9-HS Girls (9-HS 33in)

4:45 110 Hurdles 9-HS Boys (9-36 in, HS 39in)

4:55 3200 Run All Girls, All Boys

5:30 800 Relay 9-HS Girls, 9-HS Boys

5:45 800 Run 9-HS Girls, 9-HS Boys

6:00 100 M Dash 9-HS Girls, 9-HS Boys

6:15 400 M Dash 9-HS Girls, 9-HS Boys

6:30 300 M Hurdles 9-HS Girls, 9-HS Boys

6:45 200 M Dash 9-HS Girls, 9-HS Boys

7:00 1600 Run 9-HS Girls, 9-HS Boys

7:25 1600 Relay 9-HS Girls, 9-HS Boys

High School Minimum Measurements/Opening Heights

Shot (Boys) 9th- 35' HS- 40' (Girls) 9th- 25' HS- 30'

Discus (Boys) 9th- 80' HS- 120' (Girls) 9th- 60' HS- 80'

High Jump (Boys) 9th- 4'10" HS- 5'6" (Girls) 9th- 4'4" HS- 4'6"

Pole Vault (Boys) 9th- 8' HS- 10' (Girls) 9th- 6' HS- 7'

Metro Lakes Conference Junior High Order of Events

Coaches Meeting 3:00 pm Field Events 3:30 pm

High Jump 7G, 8G, 7B, 8B Long Jump 7B, 8B, 7G, 8G

Shot 7G, 8G, 7B, 8B Discus 7B, 8B, 7G, 8G

Pole Vault 7G, 8G, 7B, 8B

Minimum Measurements/Opening Heights

Shot (Boys) 7- 25' 8- 30' (Girls) 7- 20' 8- 25'

Discus (Boys) 7- 70' 8- 80' (Girls) 7- 50' 8- 60'

High Jump (Boys) 7- 4'6" 8- 4'8" (Girls) 7- 4' 8- 4'2"

Pole Vault (Boys) 7- 6' 8- 7' (Girls) 7- low' 8- 6'

Timed Finals 4:00pm

4:00 400 RELAY 7G, 8G, 7B, 8B

4:10 3200 RELAY 7G, 8G, 7B, 8B

4:40 100 H 30" 7G, 8G

4:50 110 H 30" 7B, 8B

5:00 800 RELAY 7G, 8G, 7B, 8B

5:15 800 RUN 7G, 8G, 7B, 8B

5:30 100 M DASH 7G, 8G, 7B, 8B

5:50 400 M DASH 7G, 8G, 7B, 8B

6:10 300 H 30" 7G, 8G, 7B, 8B

6:25 200 M DASH 7G, 8G, 7B, 8B

6:40 1600 RUN 7G, 8G, 7B, 8B

7:10 1600 RELAY 7G, 8G, 7B, 8B