

Midwest City High School
9th Grade Fast Time Classic

Date: Tuesday, April 16th, 2019

Time: 2:30 pm Coaches Meeting
3:00 pm Field Events
3:15 pm Running Events

Cost: \$160 for each school (\$80 Boys / \$80 Girls) No Refunds.
Send Entry Fee to:
Midwest City High School
Attention: Maggie Prather
213 Elm Street
Midwest City, OK 73110

General:

- Limited to the first 12 Teams.
- Each school may enter 3 individuals per event.
- Team scoring will be 10-8-6-4-2-1 individual, relays are doubled.
- 4 event limit per contestant.
- Contestants will be heated up on field.
- Awards may be picked up at the press box following 1600-meter relay.
- Trophies will be awarded to the top two teams.
- Medals will be awarded to the top 3 places.
- Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more attempts in the finals.
- \$5.00 per individual if 5 or less team members. There will be 2 divisions, boys and girls.

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

1. You must notify Tim Thomas that you plan to attend.
(tthomas@mid-del.net)
2. You must have all your athletes listed on Enduroussa.com at least three days prior to meet. Deadline for Entries April 15, 2019 at 5:00 pm.

Place: Rose Field, 701 East Lockheed Ave., Midwest City, OK 73110

Contact: In case of Bad weather prior to Track meet call Tim Thomas (405) 219-0458 or
Enduroussa.com Website.

(Coaches There will be a Hospitality Room)

**Midwest City High School
9th Grade Fast Time Classic**

2:30 pm Coaches Meeting (On The Football Field)
3:00 pm Field Events
3:15 pm Running events and timed finals

Field Events - 3:00 pm

High Jump	Girls – Boys
Long Jump	Boys – Girls
Discus	Girls – Boys
Shot	Boys – Girls
Pole Vault	Boys – Girls

Running Events – 3:15 pm

4 x 100 Relay	Girls – Boys
4 x 800 Relay	Girls – Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (39)
3200 Run	Girls – Boys
4 x 200 Relay	Girls – Boys
800 Dash	Girls – Boys
100 Dash	Girls – Boys
400 Dash	Girls – Boys
300 Hurdles	Girls (30)
300 Hurdles	Boys (30)
200 Dash	Girls – Boys
1600 Run	Girls – Boys
4 x 400 Relay	Girls – Boys

Teams should be dropped off on the East side of the track at the parking lot off of E Lockheed Dr.

Bus parking will be in the parking area between the field house and administration building. Below is the suggested route to prevent traffic congestion between the two sites.

Transportation for bus drivers will be provided between the two sites.

