

**Oklahoma Christian School
Saints High School Track Invitational
Saturday, March 30, 2019**

On behalf of Oklahoma Christian School, we would like to invite you and your teams to participate in our track meet. We have a new eight lane track that we believe to be one of the nicest facilities around. This will be a timed finals meet. The meet will start at 9:00 a.m. The coaches' meeting will begin at 9:00 a.m. The field events will begin at 9:30 and the running events will begin at 10:00.

ENTRY FEE- The entry fee is \$80.00 for each team or \$160 for both teams. If you have less than 4 participants the fee will be \$15 per individual.

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. Each contestant will be given three throws in the shot and discus and three jumps in the long jump, and high jump.

MEDALS- Medals will be awarded to 1st, 2nd, and 3rd places in all events.

TROPHIES- Trophies will be awarded to 1st and 2nd place teams, one for the boys and one for the girls in each grade level.

TEAM POINTS- Points will be awarded to 1st through 6th place (10-8-6-4-2-1) in individual events and (20-16-12-8-4-2) in relays.

EQUIPMENT- OCS will furnish all starting blocks. ¼ inch spikes or shorter is allowed.

RULES- OCS will use the rules of the Oklahoma Secondary Schools Activity Association.

To Enter the Meet- Please e-mail, call or text Rodney Nichols that you would like to enter our meet. My information is at the bottom of the events sheet.

Meet Schedule

FIELD Events – 9:30 A.M.

High Jump	(Boys, Girls)
Long Jump	(Girls, Boys)
Shot Put	(Boys, Girls)
Discus	(Girls, Boys)
Pole Vault	(Boys, Girls)

TIMED FINALS MEET – 10:00 A.M.

400M Relay	(Girls, Boys)
3200M Relay	(Girls, Boys)
100M Hurdles	(Girls 33")
110M Hurdles	(Boys 39")
3200M Run	(Girls, Boys)
800M Relay	(Girls, Boys)
800M Run	(Girls, Boys)
100M Dash	(Girls, Boys)
400M Dash	(Girls, Boys)
300M Hurdles	(Girls 30")
300M Hurdles	(Boys 36")
200M Dash	(Girls, Boys)
1600M Run	(Girls, Boys)
1600M Relay	(Girls, Boys)

LOCATION:

Oklahoma Christian School
4680 E. 2nd, Edmond, OK 73034

CONTACT INFO:

Rodney Nichols
Call or Text: 405-474-6549
E-mail: rnichols@ocssaints.org