



TRACK AND FIELD



FOLDS of HONOR

OWASSO JUNIOR HIGH TRACK MEET **7th 8th**

- DATE:** 3/28/2019
- TIME:** 3:30 Coaches Meeting
3:45 Field Events and
4:00 Running Events
- ENTRIES:** 4 Divisions...7th / 8th Grade Boys/Girls
- AWARDS:** Medals to the first three places. Team trophy to winner in each division.
- PLACING:** All events are final.
- HEATING:** There will not be a heating bench. We will heat everyone at the starting line of each event.
- LIMITATIONS:** Each contestant is limited to four events, including relays. Each school is limited three entrants in each event and one relay team.
- EVENTS:** We are not running at 200m.
- FIELD EVENTS:** We will have the ALL girls and ALL boys compete together in the field events. We will score them separately at the end of the competition.
- ENTRY FEE:** \$80.00 per Division.
- COACHES:** This will be an ENDURO timed meet, so you must go to Enduroentries.com and enter a roster only. You will also need to email for the code to enter your roster. We will not be posting results.
- CONTACT INFO:** Steve Parker
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3:45 FIELD EVENTS:

HIGH JUMP	7G-8G/7B-8B
POLE VAULT	7B-8B/7G-8G
LONG JUMP	7B-8B/7G-8G
SHOT	7G-8G/7B-8B
DISCUS	7B-8B/7G-8G

4:00 RUNNING EVENTS:

400m Relay	7G-8G/7B-8B
3200m Relay	7G-8G/7B-8B
100m Hurdles	7G-8G
110m Hurdles	7B-8B
800m Relay	7G-8G/7B-8B
800m Run	7G-8G/7B-8B
100m Dash	7G-8G/7B-8B
400m Dash	7G-8G/7B-8B
300m Hurdles	7G-8G/7B-8
1600m Run	7G-8G/7B-8B
1600m Relay	7G-8G/7B-8B