



36th ANNUAL RAM RELAYS



FOLDS of HONOR

Friday March 29th, 2019

MEET INFORMATION:

- **Entries will be completed online through Enduro Entries.**
 - ◆ This meet is by invite only and so your team will need the pass code to enter.
 - ◆ We are going to limit this meet to 15 Teams.
 - ◆ Please email me about what divisions your team will be bringing to the meet.
- **Entry Fee is \$100 per division.**
 - ◆ We have 2 divisions. (HS Boys and Girls) If you have a "B Team" (JV or Freshmen) the cost will be \$50 for each.
 - ◆ Make checks payable to Owasso High School.
 - ◆ You can Hand deliver check on the day of the meet or send it to: Coach Steve Parker, Owasso High School, 12901 E. 86th St. N., Owasso, Ok 74055
- **Entries are due by Wednesday, March 27th at 12:00pm**
 - ◆ The HS Division is a limited to 3 athletes per event and 1 relay team.
 - ◆ You may edit and update your entries online any time before the entry deadline.
 - ◆ All submitted entries in the system at the entry deadline will be considered FINAL.
- **Coaches Meeting** will be at 3:30pm in the Multipurpose Building just west of the track.
- **Field Events** will begin at 3:45pm
 - ◆ Pole Vault Boys Girls will not jump together).
- **Running Events** will begin at 4:00pm and will follow a rolling time schedule with no break.
 - ◆ We will run time finals. No prelims. Fastest heat will run last.
- **No hip Numbers**
- **Coaches Boxes** will not be used. No spectators/Non-Coaches in competition areas.
- **1/4 Inch Spikes** or less permitted.
- **Bus Parking:** Will be posted. Drop off athletes at the track and then busses will be parked in the parking lot West of the football stadium.
- A **hospitality room** will be available for coaches administrators, and bus drivers. It will be in the same location as the coaches meeting.
 - ◆ Please email me the number of people that will be attending from your school.
- **Tents** may be set up on the SW, NE and NW corners of the track.
 - ◆ No tents or camps on the infield.
- **Scoring:**
 - ◆ The following Team scoring system will be used:
 - Individual Events: 10-8-6-5-4-3-2-1
 - Relay Events: 10-8-6-5-4-3-2-1 NO DOUBLE POINTS!!
 - Only one Relay team per school will receive Team Points.
 - Only three members from one school will receive Team Points in individual events.
- **Timing:**
 - ◆ **ENDURO TIMING SYSTEMS** will be used.
- **Field Events:**
 - ◆ **Horizontal Jumps** (Long Jump) and **Throws** (Shot & Discus)
 - Athletes will receive 3 Jumps/Throws and the top 9 to finals. 3 Jumps/Throws in finals.



- ◆ **High Jump** will compete using 5-Active format while **Pole Vault** will use 5-Active format.
- ◆ Runway Markings:
 - Chalk & Tape are permitted.
- **Weigh-In:**
 - ◆ Weigh-In Time during or before the coaches meeting.
 - ◆ Implements will be weighed and certified prior to the throwing events.
 - ◆ Meet officials have the discretion to withhold any throwing implements that do not meet weight or quality.
- **Event Check-In:**
 - ◆ Athletes will check in at the heating benches in the Multi-Purpose Building when their event is called. Discus and shot put events will be checked in at the location of the events. See map for details.
- **Competition Warm-up**
 - ◆ The track will be open for team warm up prior to the start of the meet.
 - ◆ No warming up will be allowed on the competition area during the competition.
 - ◆ General warm-up during competition can be completed on the infield or outside of the track.
 - ◆ Field events warm-ups will be completed at the event site.
- **Height Progressions:**
 - ◆ Opening heights: Will be based on entries
 - Girls HJ
 - Boys HJ
 - Girls PV
 - Boys PV
- **Runway Boards:**
 - ◆ **First legal Jump will always be marked**, then each successive jump that doesn't meet the minimum will not be marked. This way every athlete gets a recorded mark.
 - ◆ Minimums will be based on entry marks.
 - Girls LJ
 - Boys LJ
- **Throws:**
 - ◆ **First legal Throw will always be marked**, then each successive throw that doesn't meet the minimum will not be marked. This way every athlete gets a recorded mark.
 - ◆ Minimums will be based on entry marks.
 - Girls Shot
 - Boys Shot
 - Girls Discus
 - Boys Discus
- **Awards:**
 - ◆ If you finished 1st, 2nd or 3rd, you will receive a medal.
 - ◆ Team winners will receive a team trophy.
- **Contact Information**
 - ◆ Steve Parker Head Coach
 - ◆ Owasso High School, 12901 E. 86th St N., Owasso, Ok 74055
 - ◆ Email: steve.parker@owassops.org



3:45PM Field Events

High Jump	Boys, Girls
Pole Vault	Girls, Boys
Long Jump	Girls, Boys
Discus	Girls, Boys (discus is east of the track behind the baseball field)
Shot	Boys, Girls (shot is east of the track behind the baseball field)

4:00PM Running Events Time Finals in ALL EVENTS

400m Relay	Girls Boys
3200m Relay	Girls Boys
100m Hurdles	Girls
110m Hurdles	Boys
100m Dash	Girls Boys
3200m Run	Girls
800m Relay	Girls Boys
3200m Run	Boys
SMR 200-200-400-800	Girls Boys
300m Hurdles	Girls Boys
800m Run	Girls Boys
400m Dash	Girls Boys
DMR 1200-800-400-1600	Girls Boys
Throwers Relay	You must have one girl thrower on your team.
1600m Relay	Girls Boys