

# ***Jack Hayes Invitational Track Meet***

## ***March 29<sup>th</sup>, 2019***

Dear Coach;

We would like to invite you the annual **Jack Hayes Invitational Track and Field Meet**. The meet will be **Friday, March 29<sup>th</sup>, 2019**, with the coaches meeting beginning at 9:00a.m. The field events will start at 9:30a.m. with the running event at 10:00a.m. We have a 6 lane all weather surface and would ask that your athletes wear ¼ inch spikes. Hospitality will be provided for all of your coaches.

**Entry Fee:** \$95 per division, \$190 for both, \$45 for B teams, and \$15 for individuals (4 or less). Please make checks payable to Pauls Valley Public Schools. You can mail checks to: Attn. Kirk Moore, Pauls Valley Public Schools, P.O. Box 780, Pauls Valley, OK 73075 or bring the check to the meet.

**\*\*Please call or E-mail Coach Caldwell if you plan to attend\*\***

### **Field Events at 9:30 a.m.**

Long jump – boys/girls  
High jump – girls/boys  
Shot – boys/girls  
Discus – girls/boys  
Pole Vault – boys/girls

### **Running events at 10:00 a.m.**

400 relay – girls/boys  
3200 relay – girls/boys  
100 hurdles – girls  
110 hurdles - boys  
3200 m run - girls  
800 m relay – girls/boys  
800 m run – girls/boys  
100 m dash – girls/boys  
3200 m run - boys  
400 m dash – girls/boys  
300 m hurdles – girls/boys  
200 m dash – girls/boys  
1600 m run – girls/boys  
1600 relay – girls/boys

### **Awards**

Medals will be given to the top six (6) places in each event – including relays.

No team awards will be given out.

***OSSAA rules will govern the meet***

### **Contacts**

***Head Coach – Ryan Caldwell -***

***Cell Phone: (405) 207-3692***

***School Phone number: (405) 238-6497***

***E-mail- rcaldwell@paulsvalley.k12.ok.us***

***Athletic Director – Kirk Moore-***

***Cell Phone: (405) 207-6717***

***School Phone number: (405) 238-6497***