



Pawhuska Invitational Track Meets

Junior High: Tuesday, April 2nd 2019

High School: Thursday, April 4th 2019

Head Track Coach: Mark Frye. **Director of Athletics:** Chris Walker
School Phone: 918-287-1262 Email: markfrye@pawhuskadistrict.org
Cell Phone: 918-287-7881

WE HAVE NEW FACILITIES!!!: On behalf of Pawhuska Public Schools, we are excited to invite you to see and participate on our new facilities. We have a new 8 lane polyurethane track and new pole vault and long jump areas. We also have a new turf field which will be off limits to participants. We will allow warm-ups in the North end-zone area of the field. Coaches will be allowed in a roped area near the finish line but we ask no sunflower seeds, gum or other such items to be on the field.

Entry Fee: **Junior High Division** - \$65.00 entry for each boys and girls teams in each 7th and 8th grade division, or \$10.00 per athlete for 4 or fewer participants.

High School Division - \$80.00 entry for each boys and girls teams or \$10.00 per athlete for 4 or fewer participants

Time: **Junior High Division:** Coaches meeting 9:00 a.m. in hospitality room on West end of the stadium. First calls made at 9:15 and meet will begin at 9:30.

High School Division: Coaches meeting 9:00 a.m. in the hospitality room at the West end of the stadium. First calls will be made at 9:15 with field events to start at 9:30 and running events at 9:45.

JH Divisions: 7th girls, 7th boys, 8th girls, 8th boys.- We will run the 300 meter hurdles.

Limitations: Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.

Medals/Trophies: Medals will be awarded to the top three places and a plaque to the top team/division.

Team Points: Individual scoring will apply: 10-8-6-4-2-1 Relay scoring will apply: 20-16-12-8-4-2.

Equipment: 3/16 inch spikes or smaller required. Pawhuska Schools will provide starting blocks. Please no tape on the running surface or no footballs, or throwing implements on field.

Hospitality Room: A coaches Hospitality room will be set-up throughout the day.

RSVP: Please call in advance of the meet if you know you are coming. There is no limit on teams but would like a headcount for hospitality and a number in the event of weather.

Parking: All buses will park at the softball parking lot on the East side of our stadium with some limited parking available at the Northwest locker room parking lot.

OSSAA rules will apply

**Pawhuska High School Invitational Track Meet
Thursday April 4th, 2019**

Order of Events

9:45 am	400 METER RELAY	GIRLS	BOYS
	3200 METER RELAY	GIRLS	BOYS
	100 M HURDLES	GIRLS	
	110 M HURDLES		BOYS
	3200 METER RUN		BOYS
	800 METER RELAY	GIRLS	BOYS
	800 METER RUN	GIRLS	BOYS
	100 METER DASH	GIRLS	BOYS
	3200 METER RUN	GIRLS	
	400 METER DASH	GIRLS	BOYS
	300 METER LH	GIRLS	
	300 METER IH		BOYS
	200 METER DASH	GIRLS	BOYS
	1600 METER RUN	GIRLS	BOYS
	1600 METER RELAY	GIRLS	BOYS

9:30 am

FIELD EVENTS

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS EACH.

Please keep athletes in the stands, in camps or in the warm-up area and coaches please stay in the designated roped areas. Please no food or drink, sunflower seeds or gum on the field.