

**Piedmont High School
Annual
Boys and Girls Invitational Track Meet
Tuesday, April 16th, 2019**

Coaches:

Piedmont Schools would like to extend an invitation to your school to enter our annual invitational on Tuesday, April 16th, 2019 in Piedmont, Oklahoma. We have a great new track.

All association rules will apply. Each school will be permitted to enter three contestants per event.

Team trophies will be awarded for the first and second in each division. Individual medals will be awarded for the first three places in each event. Scoring will be 10-8-6-4-2-1 and double relays.

**Field events will begin at 3:30 pm and Running events will begin at 4:00 pm.
A coaches' meeting will be at 3:15 pm at the field house next to the track.**

An entry fee of \$160.00 for both teams (\$80.00 for one team) should accompany entries.

Shot and discus will be thrown from concrete slabs. Shot, discus, long jump contestants will be given 3 attempts. Top 8 will be taken to finals and be given 3 additional attempts. All participants will be allowed to wear spikes not exceeding 3/8" in length. The NO FALSE start rule will apply. Starting blocks will be furnished by Piedmont Schools.

This will be a "Seeded meet". You will need a code from me to enter information on Enduroentries.com by the appointed deadline.

We hope you can participate in our upcoming meet.

Sincerely,

Jon Bakewell

Send inquires to:

Jon Bakewell
1055 Edmond RD. NW
Piedmont OK 73078
Cell: 808-5752
School Phone: (405) 373-5011

Please Respond ASAP at the school phone above or email

jon.bakewell@piedmontschools.org

TRACK MEET SCHEDULE

COACHES MEETING: 3:15

FIELD EVENTS: 3:30

RUNNING EVENTS: 4:00

Order of Events:

Field events:

Beginning At **3:30 PM**

Pole Vault G-B

Shot B-G

Discus G-B

High Jump B-G

Long Jump G-B

Timed Finals

Beginning At **4:00 PM**

400 meter relay	G-B
3200 meter relay	G-B
100 meter hurdles	G
110 meter hurdles	B
800 meter relay	G-B
3200 meter run	G-B
100 meter dash	G-B
800 meter run	G-B
400 meter dash	G-B
300 meter hurdles	G-B
200 meter dash	G-B
1600 meter run	G-B
1600 meter relay	G-B