

POTEAU PIRATES

MIDDLE SCHOOL TRACK MEET

THURSDAY, MARCH 28, 2019

SCHOOLS 4A and smaller.

TIME: Coaches meeting @ 9:30 a.m. in the football locker room. Meet starts @ 10:00 AM

DIVISIONS: 4 divisions: 7th grade girls and boys, 8th grade girls and boys

ENTRY FEE: \$75 per team. \$15 per individual if less than 4 members on a team.
Make checks payable to: Poteau Public Schools

LIMITATIONS: Each contestant is limited to 4 events, including relays and field events.
Each school is limited to 1 relay team per event.
Each school is limited to 3 competitors per event.

AWARDS: Medals to 1st, 2nd, 3rd place in all events. 1st place plaque to top team in each division.

TEAM POINTS: Awarded to 1st-6th places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2)

EQUIPMENT: Poteau will furnish all starting blocks.
¼ inch spikes or smaller required.
Do not use tape on the track.
No tents, Camps, or equipment are allowed on the turf

LUNCH, SNACKS, & DRINKS will be provided for coaches and workers.

ADDRESS: 100 Pirate Lane, Poteau, Ok 74953

We have an outstanding track & field complex with an eight lane track and field event facilities with a newly refinished surface.

Large High Jump area.

Large paved parking lot next to stadium.

Please contact us before March 15th, 2019

We hope that you and your teams can attend.

You can bring entry fee or mail to: Poteau Schools, ATTN: Todd Hackler, 100 Pirate Lane, Poteau, Ok 74953

Please reply if you are attending.

Thank you

Marshall Brence
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Billy Bond
Poteau Track Coach
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POTEAU MIDDLE SCHOOL TRACK MEET
MARCH 28, 2019
ORDER OF EVENTS

9:30 COACHES MEETING

10:00 FIELD EVENTS AND RUNNING EVENTS BEGIN

FIELD EVENTS

HIGH JUMP	7-8 GIRLS, BOYS
LONG JUMP	7-8 BOYS, GIRLS
SHOT	7-8 GIRLS, BOYS
DISCUS	7-8 BOYS, GIRLS

RUNNING EVENTS

3200M RELAY	7G ó 8G ó 7B ó 8B
100M HURDLES	7G ó 8G
110M HURDLES	7B ó 8B
400M RELAY	7G ó 8G ó 7B ó 8B
800M RUN	7G ó 8G ó 7B ó 8B
800M RELAY	7G ó 8G ó 7B ó 8B
100M DASH	7G ó 8G ó 7B ó 8B
BREAK	20 MINUTES
400M DASH	7G ó 8G ó 7B ó 8B
300M HURDLES	7G ó 8G ó 7B ó 8B
200M DASH	7G ó 8G ó 7B ó 8B
1600M RUN	7G ó 8G ó 7B ó 8B
1600M RELAY	7G ó 8G ó 7B ó 8B