

Vision Bank – Prague JH Meet
Thursday, March 28, 2019
7th & 8th grade Girls and Boys

TIME: Coaches Mtg -9am

Field Events- 9:30am Running Events – 9:45am

FEES: \$70 each Division \$15 ea individual if 4 or less

MEDALS: Medals will be awarded to the top 5 finishers in each event

TROPHIES: Trophies will be awarded to the 1st and 2nd place teams.

Points will be scored 10-8-6-4-2-1 and will double for relays.

LIMITATIONS: 4 INDIVIDUAL EVENTS (INCLUDING RELAYS AND FIELD EVENTS)

Each school is limited to one (1) relay team.

Each school is limited to three(3) competitors per event.

PARKING: Bus parking will be East of Football Field

CAMPS: Team Camps – West of Football Field (not inside track)

Restrooms / Concessions : available on the NE side of track

**Coaches Meal Provided

IF YOU PLAN TO ATTEND, OR IF YOU HAVE ANY QUESTIONS, CALL or TEXT COACH WATKINS.

405-570-3864.

swatkins@prague.k12.ok.us

ORDER OF EVENTS

FIELD EVENTS 9:30am

PV- BOYS GIRLS

HJ- GIRLS BOYS

LJ- BOYS GIRLS

SHOT - BOYS GIRLS

DISCUS - GIRLS BOYS

RUNNING EVENTS 9:45am

400M RELAY

3200M RELAY

100M HURDLES

110M HURDLES

3200M RUN BOYS

800M RELAY

800M RUN

100M DASH

*** BREAK***

3200M RUN GIRLS

400M DASH

300M HURDLES

200M DASH

1600M RUN

1600M RELAY