

**SAPULPA JR. HIGH TRACK MEET**  
**THURSDAY APRIL 11th, 2019**  
**Westside Track Facility**  
**1521 S Wickham Rd, Sapulpa, OK 74066**

**TIME:** COACHES MEETING. 3:30 FIELD EVENTS AND RUNNING EVENTS 4:00

**COST:** \$70 PER TEAM TRACK ROSTER: This is a roster only event. Schools planning to attend this meet must submit their entries on Enduro

Deadline for entries is April 9th. DIVISIONS: 7G-7B-8G-8B-9G-9B

ENTRIES: 3 ATHLETES PER EVENT, 1 RELAY PER TEAM, ATHLETES LIMITED TO 4 EVENTS

AWARDS: MEDALS TO 1ST, 2ND, 3RD, 4TH, 5TH IN ALL EVENTS. Relays top 3 receive medals. POINTS: (10-8-6-4-2-1) DOUBLE FOR RELAYS EQUIPMENT: STARTING BLOCKS

ARE FURNISHED. 1/4" OR SHORTER SPIKES. CONTACT: [jburchhalter@sapulpaps.org](mailto:jburchhalter@sapulpaps.org), [jlusk@sapulpaps.org](mailto:jlusk@sapulpaps.org)

OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

**FIELD EVENTS 4:00**

HIGH JUMP 7B- 8B-9B-7G-8G-9G

LONG JUMP 7G-8G-9G-7B-8B-9B

SHOT 7G-8G-9G-7B-8B-9B

DISCUS 7B-8B-9B-7G-8G-9G

POLE VAULT 9B-8B-7G-9G-8G-7G

**TIMED FINALS 4:00** (RUNNING ORDER 7G-8G-9G-7G-8B-9B)

400M RELAY G-B

3200M RELAY G-B

100M HURDLES G

110M HURDLES B

800M RELAY G-B

800M RUN G-B

100M DASH G-B

3200M RUN 9 G-B only

400M DASH G-B

300M HURDLES G-B

200M Dash G-B

1600M RUN G-B

1600M RELAY G-B