

# 10th ANNUAL SEMINOLE JUNIOR HIGH TRACK MEET

## “HOME of the CHIEFTAINS”

Seminole Public Schools 618  
Mike Snyder Ave  
Seminole, OK 74868

**Head Track / XC – Bobby Sanford**  
**Athletic Director- Mike Snyder**

Dear Track Coach:

On behalf of the Seminole Middle School, we are pleased to announce the 10th annual Seminole 7<sup>th</sup> and 8<sup>th</sup> grade invitational track meet. This is our sincere invitation to you and your teams to attend our meet. This meet will be run as timed finals.

**Please contact me if you plan to attend. This meet will have a 12 team limit.**

**Contact:** Bobby Sanford 405- 382-5065 School, 405-712-3094 Cell

### **DETAILS OF THE MEET:**

**Date:** April 5<sup>th</sup> (Friday) 2019

**Divisions:** 7<sup>th</sup> Girls, 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, and 8<sup>th</sup> Boys

**Participation:** Each event will be limited to three contestants per school. Each contestant may enter no more than four events. Spike length should be  $\frac{1}{4}$ ö or shorter.

**Time:** Coaches Meeting will be held at 8:30 a.m. Field events will start at 9:00 a.m. and running events will start at 9:20 a.m.

**Entry Fees:** The entry fee is \$75.00 per Division. Four or less is \$15.00 per individual. Make checks payable to Seminole Athletics.

**Scoring:** There will be no team scores.

**Awards:** Medals will be given thru 5<sup>th</sup> place with the exception of the relays. Relays will be awarded thru 3<sup>rd</sup> place.

**Parking:** Bus parking will be located on the South side of the school.

**Tents:** Camps may be located on the West side of the track as well as the elementary playground on East side of the track.

**OSSAA:** *Oklahoma Secondary Schools Association Rules Apply.*

## **ORDER OF EVENTS**

### **Coaches Meeting 8:30**

### **Running Events Begin at 9:20**

400m Relay (7G, 8G, 7B, 8B)  
3200m Relay (7G, 8G, 7 B, 8B)  
100m Hurdles (7G, 8G)  
110m Hurdles (7B, 8B)  
800m Relay (7G, 8G, 7B, 8B)  
800m Run (7G, 8G, 7B, 8B)  
100m Dash (7G, 8G, 7B, 8B)  
400m Dash (7G, 8G, 7B, 8B)  
300m Hurdles (7G, 8G, 7B, 8B)  
200m Dash (7G, 8G, 7B, 8B)  
1600m Run (7G, 8G, 7B, 8B)  
1600m Relay (7G, 8G, 7B, 8B)

### **Field Events Begin at 9:00**

Shot (8G, 7G, 8B, 7B)  
Discus (8B, 7B, 8G, 7G)  
Long Jump (7G, 8G, 7B, 8B)  
High Jump (7B, 8B, 7G, 8G)  
Pole Vault (7G, 8G, 7B, 8B)

Notice: Order subject to change under certain conditions