

# Tishomingo Junior High School

## Home of the Indians



### Tishomingo High School

is proud to invite you to the

#### “Tishomingo Junior Indian Relays”

Thursday, April 4<sup>th</sup>, 2019

This meet has been approved and sanctioned by the OSSAA.

Coaches meeting begins at 9:30 am

Field events will start at 10:00 am

Running events will start at 10:30 am

**We have an all-weather track  
(poly-urethane track).  
¼” spike or shorter will be used.**

- ❖ There will be six (6) divisions:
  - 6<sup>th</sup> grade girls – 7<sup>th</sup> grade girls – 8<sup>th</sup> grade girls
  - 6<sup>th</sup> grade boys – 7<sup>th</sup> grade boys – 8<sup>th</sup> grade boys
- ❖ AGE LIMIT – You may enter the student in the grade he or she is in school, if he or she has not failed more than one year. If they have failed more than one year, enter the grade they should be in.
- ❖ ENTRY FEE - \$60.00 per team.
- ❖ MEDALS will be given to the first five (5) places in each of the events. No Team Trophies will be given.
- ❖ There will be No Team Points Kept.
- ❖ Each school will be limited to three (3) entries in each event and one (1) relay per school.
- ❖ Individual entry fee is \$15.00 (if you do not have a team – a team consists of at least four (4) individuals.)
- ❖ An individual may not enter more than four (4) events.

#### IN CASE OF INCLEMENT WEATHER CALL

Coach Houser	580-371-5456
Coach Moreland	580-310-2675
Coach Wood	580-371-5164

#### Entry fees should be mailed to:

Boyd Houser, Athletic Director  
Tishomingo High School  
1300 East Main  
Tishomingo, OK 73460

# Tishomingo Little Indians Relays

## Running Events Schedule

**400 Meter Relay** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**3200 Meter Relay** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**100 Meter Hurdles** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls

**110 Meter Hurdles** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**800 Meter Relay** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**800 Meter Run** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**100 Meter Dash** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**400 Meter Dash** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**300 Meter Hurdles** 7<sup>th</sup>, 8<sup>th</sup> Girls  
7<sup>th</sup>, 8<sup>th</sup> Boys

**200 Meter Dash** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**1600 Meter Run** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys

**1600 Meter Relay** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Girls  
6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Boys



## Field Events Schedule

**Shot Put** 7<sup>th</sup> Boys, 6<sup>th</sup> Girls, 8<sup>th</sup> Girls  
7<sup>th</sup> Girls, 6<sup>th</sup> Boys, 8<sup>th</sup> Boys

**Discus** 7<sup>th</sup> Girls, 6<sup>th</sup> Boys, 8<sup>th</sup> Boys  
7<sup>th</sup> Boys, 6<sup>th</sup> Girls, 8<sup>th</sup> Girls

**High Jump** 8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 6<sup>th</sup> Girls  
8<sup>th</sup> Boys, 7<sup>th</sup> Girls, 6<sup>th</sup> Boys

**Long Jump** 8<sup>th</sup> Boys, 7<sup>th</sup> Girls, 6<sup>th</sup> Boys  
8<sup>th</sup> Girls, 7<sup>th</sup> Boys, 6<sup>th</sup> Girls

**Pole Vault** 7<sup>th</sup> Girls, 8<sup>th</sup> Girls  
8<sup>th</sup> Boys, 7<sup>th</sup> Boys