

VERDIGRIS VALLEY CONFERENCE TRACK MEET

@ WAGONER HS TRACK FACILITY

SATURDAY APRIL 20, 2019

On behalf of the Wagoner Public School System we would like welcome you and your athletes to Verdigris Valley Conference Track and Field Championships. We will be using **FAT Timing** and scoring for the meet. Each team that you bring, must have your rosters on the **Enduro USA website by APRIL 19TH FRIDAY @ 6:00pm** for this is a roster entry meet.

Teams: Wagoner, Jay, Locust Grove, Hilldale, Verdigris, Catoosa, Ft. Gibson, Oologah, Vinita, and Miami

HEATING/ATHLETE CHECK-IN: Each athlete must have their assigned competitor number on their left hand before they can compete. You will have to have the number to be heated or to participate in the field events and running events.

Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that effect the meet. To find our meet's PREVIEW window, click on our meet in the "Student Meets and Events LIST" (on the right side of the window) after you log into your account.

SIX DIVISIONS: 7th Girls/7th Boys

8th Girls/8th Boys

HS Girls/HS Boys

A work schedule and order of events is attached. For the field events 2 schools were assigned, with the exception of pole vault. The first school listed would be responsible for the first 3 divisions in that event (Both HS and one 7th grade division). The next school listed will be responsible for the remaining 3 divisions (8th grade boys and girls and the remaining 7th grade division). Starting heights and qualifying distances will be discussed at the coaches meeting. If you have any questions please email me at lalexander@wagonerps.org or give me a call.

Coach Leland Alexander 918-520-7322

Verdigris Valley Conference Track Meet

Coach Meeting: 9:00am Indoor Facility

Field Events: 9:30am

High Jump	HSB, HSG, 7G, 8G, 7B, 8B	Jay/Miami
Long Jump	HSG, HSB, 7B, 8B, 7G, 8G	Locust Grove/Verdigris
Discus	HSB, HSG, 7G, 8G, 7B, 8B	Oologah/Vinita
Shot	HSG, HSB, 7B, 8B, 7G, 8G	Wagoner/FTG
Pole Vault	HSG, HSB, 7B, 8B, 7G, 8G	Catoosa

Exchange Zone: 400 Relay- Wagoner 1, Hilldale 2, and FTG 3

800 Relay- Hilldale 1 and Vinita 2

Appeals: Catoosa, Wagoner, Vinita (Alt. Oologah)

Running Events: 10:00am

400 Relay	7G, 8G, HSG, 7B, 8B, HSB
3200 Relay	7G, 8G, HSG, 7B, 8B, HSB
100 Hurdles	7G (30"), 8G (30"), HSG (33")
110 Hurdles	7B (30"), 8(30"), HSB (39")
3200 Run	HSB
800 Relay	7G, 8G, HSG, 7B, 8B, HSB
800 Run	7G, 8G, HSG, 7B, 8B, HSB
100m Dash	7G, 8G, HSG, 7B, 8B, HSB
Break (30 minutes)	
3200 Run	HSG
400m Dash	7G, 8G, HSG, 7B, 8B, HSB
300 Hurdles	7G, 8G, HSG, 7B, 8B (30"), HSB (36")
200m Dash	7G, 8G, HSG, 7B, 8B, HSB
1600m Run	7G, 8G, HSG, 7B, 8B, HSB
1600 Relay	7G, 8G, HSG, 7B, 8B, HSB