

WYNNEWOOD HIGH SCHOOL INVITATIONAL TRACK & FIELD MEET

- DATE:** March 14, 2019
- ENTRY FEE:** \$90.00 Per Team (\$180.00 for both) or \$10.00 per Individual (up to 3)
PLEASE RSVP IF PLANNING TO ATTEND (405) 665-1113
- FACILITIES:** 6 Lane Metric New **Polyurethane Surface**
LJ, HJ & PV approaches are Polyurethane Surfaces
Discus & Shot Put slabs are Concrete
- AWARDS:** NO TEAM SCORES
MEDALS to the Top FIVE (5) PLACES in INDIVIDUAL EVENTS & TOP THREE (3) PLACES IN RELAYS
- DIVISIONS:** HIGH SCHOOL GIRLS
HIGH SCHOOL BOYS
- PAYMENT:** MAKE CHECKS PAYABLE TO: WYNNEWOOD SCHOOLS
MAIL TO: WYNNEWOOD HIGH SCHOOL
ATTENTION: RICHARD NORMAN
702 EAST ROBERT S. KERR BLVD
WYNNEWOOD, OK 73098

INCLEMENT WEATHER – CALL Richard Norman (405) 761-5258

GENERAL INFORMATION

Coaches Meeting begins at 9:00

1. All Heating will be done at the HEATING BENCHES
2. FIELD EVENTS begin at 9:30 p.m.. TIMED FINALS begin at 10:00 p.m.
3. ***Each school is allowed THREE (3) INDIVIDUALS or ONE RELAY per EVENT ONLY!***
(B Teams will be charged as a team entry)
5. Competitors are limited to FOUR (4) EVENTS.
6. STARTING BLOCKS will be furnished
7. ALL CAMPS will be on the PRACTICE FIELD (West of the Track)
8. EACH TEAM IS RESPONSIBLE FOR THE CARE OF IT'S VALUABLES.
9. CONCESSION STAND WILL BE OPEN.
10. Dressing Rooms are not available.
11. Restrooms will be open.
12. NON-CONTESTANTS WILL NOT BE ALLOWED INSIDE THE OVAL.
13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
14. FIELD EVENTS will only get THREE (3) ATTEMPTS. **NO FINALS.**

SHORT SPIKES***SHORT SPIKES*****SHORT SPIKES*****SHORT SPIKES**

If you have any questions, please call (405) 665-2130

Richard Norman
ATHLETIC DIRECTOR

WYNNEWOOD HIGH SCHOOL
INVITATIONAL TRACK & FIELD MEET

FIELD EVENTS: 9:30 p.m. NO FINALS

EACH CONTESTANT WILL RECEIVE ONLY THREE (3) ATTEMPTS TOTAL

SHOT	GIRLS – BOYS (3 THROWS)
DISCUS	BOYS – GIRLS (3 THROWS)
LONG JUMP	GIRLS – BOYS (3 JUMPS)
HIGH JUMP	BOYS -- GIRLS
POLE VAULT	GIRLS – BOYS (possible same time)

RUNNING EVENTS: 10:00 p.m. TIMED FINALS

400 METER RELAY	GIRLS – BOYS
3200 METER RELAY	GIRLS – BOYS
100 METER HURDLES	GIRLS 33”
110 METER HURDLES	BOYS 39”
3200 METER RUN	GIRLS – BOYS
800 METER RELAY	GIRLS – BOYS
800 METER RUN	GIRLS – BOYS
100 METER DASH	GIRLS – BOYS
400 METER DASH	GIRLS - BOYS
300 METER HURDLES	GIRLS 30” – BOYS 36”
200 METER DASH	GIRLS – BOYS
1600 METER RUN	GIRLS – BOYS
1600 METER RELAY	GIRLS – BOYS

SHORT SPIKES**SHORT SPIKES****SHORT SPIKES****SHORT SPIKES**