# WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET

DATE: APRIL 16, 2019

ENTRY FEE: \$70 Per Team or \$280 for all 4 teams or \$10 per Individual (up to 3) PLEASE RSVP IF

PLANNING TO ATTEND (405) 665-2130

FACILITIES: 6 Lane Metric New Polyurethane Surface

LJ, HJ, & PV approaches are Polyurethane Surfaces

Discus and Shot Put slabs are Concrete

AWARDS: NO TEAM SCORES

MEDALS to the Top FIVE (5) PLACES in INDIVIDUAL EVENTS & TOP FIVE (5)

PLACES IN RELAYS

4 DIVISIONS: ONLY 3 PARTICIPANTS PER SCHOOL IN EACH EVENT & ONE RELAY TEAM

ONLY. NO EXCEPTIONS!!! (B Teams will be charged as a Team Entry)

 $7^{\text{TH}}$  GRADE GIRLS  $7^{\text{TH}}$  GRADE BOYS JR. HIGH GIRLS JR. HIGH BOYS

PAYMENT: MAKE CHECKS PAYABLE TO: WYNNEWOOD TRACK

MAIL TO: WYNNEWOOD HIGH SCHOOL

702 EAST ROBERT S. KERR BLVD.

WYNNEWOOD, OK 73098 ATTENTION: Richard Norman

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

#### GENERAL INFORMATION

- 1. Coaches Meeting at 9:00 a.m.
- 2. All heating will be done at the HEATING BENCHES.
- 3. FIELD EVENTS begin at 9:30 a.m. TIMED FINALS begin at 10:00 a.m.
- 4. Each school is allowed THREE (3) INDIVIDUALS or ONE RELAY per EVENT. (extra individuals will be charged)
- 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 TRACK.
- 13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
- 14. FIELD EVENTS will get THREE (3) ATTEMPTS. NO FINALS.

SHORT SPIKES\*\*\*\*SHORT SPIKES\*\*\*\*SHORT SPIKES\*\*\*\*

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

Richard Norman Athletic Director

# WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET

ONLY 3 PARTICIPANTS IN EACH EVENT OR ONE RELAY TEAM FROM YOUR SCHOOL.

FIELD EVENTS: 9:30 A.M. NO FINALS

EACH CONTESTANT WILL RECEIVE ONLY THREE (3) ATTEMPTS TOTAL.

SHOT 7G - 7B - JHG - JHB (3 THROWS)DISCUS JHG - JHB - 7G - 7B (3 THROWS)LONG JUMP 7B - JHB - 7G - JHG (3 JUMPS)

HIGH JUMP JHB - 7B - JHG - 7G

POLE VAULT JHG – JHB (will be done together)

### <u>RUNNING EVENTS</u> <u>10:00 A.M.</u> <u>TIMED FINALS</u>

**9:30AM** 3200 METER RUN JHG - JHB

#### 10:00 A.M.

 $400 \ \text{METER RELAY} \qquad \qquad 7G - 7B - JHG - JHB \\ 3200 \ \text{METER RELAY} \qquad \qquad 7G - 7B - JHG - JHB$ 

100 METER HURDLES 7G – JHG 110 METER HURDLES 7B – JHB \*ALL HURDLES RACES WILL BE AT 30"

7G - 7B - JHG - JHB 800 METER RELAY 7G - 7B - JHG - JHB 800 METER RUN7G - 7B - JHG - JHB

400 METER DASH
7G - 7B - JHG - JHB
300 METER HURDLES
7G - 7B - JHG - JHB

200 METER DASH 7G - 7B - JHG - JHB1600 METER RUN 7G - 7B - JHG - JHB

1600 METER RELAY 7G – 7B – JHG – JHB

SHORT SPIKES\*\*\*\*\*\*SHORT SPIKES\*\*\*\*\*\*SHORT SPIKES