

**CHECOTAH JR HIGH TRACK MEET**  
**7<sup>th</sup> – 8<sup>th</sup> BOYS AND GIRLS**  
**MONDAY MARCH 30th, 2020**

On behalf of the Checotah Public Schools, we are extending an invitation to participate in our Jr. High School Boys and Girls Track and Field Meet. Checotah Schools has an 8 lane Track with collegiate landing mats.

Location: Checotah High School      Mailing Address: Checotah High School  
Attn: Chad Hendricks  
491 W. Paul Carr Drive  
Checotah, OK 74426

**Bus Parking:** North of the Football Field house

**Fees:**      **\$75.00** for each division. For teams of four athletes or less: \$15.00 per person.  
Make Checks Payable to: CHECOATH PUBLIC SCHOOLS. **NO REFUNDS**

**Time:**      Coaches Meeting will be at 9:00 a.m. in the football locker room.  
Field Events will begin at 9:30 a.m. and running events will begin at 9:30a.m.  
This meet is TIMED FINALS.

**DIVISIONS:** There will be four (4) divisions 7th boys and girls, 8<sup>th</sup> boys and girls.

**Limitations:** Each school is limited to one (1) relay team.  
Each school is limited to three (3) competitors per event.  
Each contestant is limited to four events, including relays and field events.

**Medals:** Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> place finishers in each event.  
Relays will award only the top three finishers.

**Trophies:**      **We will not do team trophies.**

**Team Points:** We will not keep a point total.

**Equipment:** Checotah will furnish all starting blocks to contestants. ¼+spikes or shorter are Required. **DO NOT USE TAPE ON THE TRACK.**

**Restrooms/Concessions:** Located on the North side and Southeast corners of the football field.  
**DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!**

**Dressing facilities:** NO DRESSING FACILITIES.

**Lunch Break:** We will feed Coaches and workers.

**OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY**

Chad Hendricks Head Track Coach  
Email Address: cshendricks@checotah.k12.ok.us  
School (918) 473-8083  
Fax: (918) 473-7174

# ORDER OF EVENTS

**9:30 am**

<b>400 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>3200 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>100 M HURDLES (30)</b>	<b>GIRLS</b>	
<b>110 M HURDLES (30)</b>		<b>BOYS</b>
<b>800 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>800 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>100 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>

-----**BREAK**-----

<b>400 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>300 METER LH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>200 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>

## **FIELD EVENTS**

<b>POLE VAULT</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>HIGH JUMP</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>
<b>LONG JUMP</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>SHOT PUT</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>DISCUS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>

**NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS  
EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**