

**Clinton Public Schools**  
***Western Oklahoma Sundowner***  
**Relay, Hurdles & Field Meet only**  
**Junior High **AND** High School**  
Thursday, March 12, 2020

If you will be attending our meet, please confirm no later than March 9 to Cory Strahorn (405) 365-6263 (text is fine)

**4 Divisions:**

Jr High Girls

Jr High Boys

Varsity Girls

Varsity Boys

**(9<sup>th</sup> grade are considered varsity)**

\$50.00 per boys team and \$50.00 per girls team

If you are bringing all four teams, the cost is \$175.00

Bring as many additional running teams (B teams, C teams, etc.) that you need to for no extra charge.

Each contestant can run in unlimited running events, but only once on each relay.

Only bring your top **TWO** in each field event. No B team athletes in field events.

This is a timed finals meet. All times will be hand held.

Make checks payable to **Clinton Public Schools**

Note - no refunds for rainout/inclement weather once the track meet has started.

No trophy's will be awarded.

No points will be taken.

Medals will be awarded to the top **3** in the field events, team relays and hurdles.

**3:00 pm** - Coaches Meeting on the infield of the track. Please designate a coach on your staff to help with exchange zones.

**3:15 pm** - Field events (Shot Put and Discus are located on the west side of the football game field)

**3:30 pm** - Running events start

All field events are final

Concession stand will be available

All OSSAA Rules will apply

Only 1/4" or less spikes will be allowed on running or jumping surfaces

Restrooms for coaches and athletes are located on the north side of the football gamefield (west side of the weight room).

**All busses please park in the parking lot north of the track**

Clinton High School

2130 Gary Blvd.

Clinton, OK 73601

## **RUNNING EVENTS**

Running events will be ran in the following order:

1. JR HIGH GIRLS
2. JR HIGH BOYS
3. VARSITY GIRLS
4. VARSITY BOYS

**400 METER RELAY**

**3200 METER RELAY**

**100 HURDLES (G)**

**110 HURDLES (B)**

**DISTANCE MEDLEY - 1200 X 400 X 800 X 1600**

**800 METER RELAY**

**300 HURDLES (G)**

**300 HURDLES (B)**

**1600 METER RELAY**

## **FIELD EVENTS**

<b>SHOT PUT</b>	JR HIGH GIRLS	JR HIGH BOYS	Varsity GIRLS	Varsity BOYS
<b>LONG JUMP</b>	JR HIGH BOYS	Varsity GIRLS	Varsity BOYS	JR HIGH GIRLS
<b>DISCUS</b>	Varsity GIRLS	Varsity BOYS	JR HIGH GIRLS	JR HIGH BOYS
<b>HIGH JUMP</b>	Varsity BOYS	JR HIGH GIRLS	JR HIGH BOYS	Varsity GIRLS
<b>POLE VAULT</b>	ALL GIRLS, ALL BOYS			

