



## 2020 Track and Field Championships Yukon High School Thursday April 9, 2020

This is a seeded entry meet for both the Freshman and Varsity Divisions. All entries must be submitted to [enduroussa.com](http://enduroussa.com) by 5:00pm on Tuesday April 7<sup>th</sup>. All Seed Times and Distances need to be accurate for this season so please enter valid marks. If an entrant does not have a valid mark from this year, leave the seed mark blank.

**Meet Director:** Matt Parent, Yukon, [matt.parent@yukonps.com](mailto:matt.parent@yukonps.com)

<b>Start Times:</b> 9:00	Packet Pickup, Runways and Track open for warmup
9:20	Coaches Meeting
9:30	First call for 10am field events
9:45	Field event areas closed for warmups, coaches and athletes only
10:00	Field events Begin
10:40	Track Closes
11:00	Running Events Begin

**Entries:** Do to the format of the meet each athlete may only compete in a single division (9<sup>th</sup> or Varsity)  
Each athlete is limited to four(4) events total  
Teams are limited to three(3) individuals per event and one(1) relay team per relay event

**Rules:** OSSAA and NFHS rules apply  
Scoring will be 10-8-6-4-2-1 relays will be double points

**Assignments:**

Deer Creek – Long Jump (Varsity girls & 9<sup>th</sup> boys) / 2<sup>nd</sup> exchange judge 4x1 (2 People) / Jury of Appeals  
Edmond Memorial – Discus (varsity boys & 9<sup>th</sup> girls) 3<sup>rd</sup> exchange judge 4x1 (2people) / hurdle judge  
Edmond North – Pole Vault (9<sup>th</sup> girls & varsity girls) / finish line  
Edmond Santa Fe – High Jump (varsity boys & 9<sup>th</sup> girls) / 1<sup>st</sup> exchange judge 4x1 (2 people)  
Moore – Discus (varsity girls & 9<sup>th</sup> boys) / hurdle judge  
Mustang – Shot (varsity girls & 9<sup>th</sup> boys) 1<sup>st</sup> & 3<sup>rd</sup> exchange judge 4x2 (2 people)  
Norman – Shot (varsity boys & 9<sup>th</sup> girls) / hurdle judge  
Norman North – Long Jump (varsity boys & 9<sup>th</sup> girls) / hurdle judge  
Southmoore – High Jump (varsity girls & 9<sup>th</sup> boys)/ jury of appeals  
Stillwater – High Jump (varsity girls & 9<sup>th</sup> boys) / jury of appeals  
Westmoore – Pole Vault (9<sup>th</sup> boys & varsity boys)  
Yukon – Awards / Clerk of Course / Field Referee

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#### Order of Events

#### Field Events

TIME	Event	Division	Time	Event	Division
10:00	Discus	VB	11:45	Discus	9G
	Shot	VG		Shot	9B
	High Jump	VB		High Jump	9G
	Long Jump	VG		Long Jump	9B
	Pole Vault	9G		Pole Vault	VG
1:30	Discus	VG	3:15	Discus	9B
	Shot	VB		Shot	9G
	High Jump	VG		High Jump	9B
	Long Jump	VB		Long Jump	9G
	Pole Vault	9B		Pole Vault	VB

\*In the LJ, SP, and Discus athletes in all divisions will receive three(3) preliminary attempts. All legal marks will be measured. The top eight(8) competitors in the prelims will qualify for the finals and receive three(3) additional attempts.

\*In the HJ starting height will be two(2) inches lower than the lowest valid seed. The PV will begin six(6) inches lower than the lowest valid seed (not to extend lower than our standards will allow).

#### Running Events

Time	Event	Division
11:00	4x100 Relay	9G, VG, 9B, VB
11:15	4x800 Relay	9G, VG, 9B, VB
12:10	100/110 Hurdles	9G, VG, 9B, VB
12:40	3200M	9B, VB
1:15	4x200 Relay	9G, VG, 9B, VB
1:35	800m	9G, VG, 9B, VB
2:10	100m	9G, VG, 9B, VB
2:45	3200M	9G, VG
3:25	400m	9G, VG, 9B, VB
4:00	300 Hurdles	9G, VG, 9B, VB
4:30	200m	9G, VG, 9B, VB
5:10	1600m	9G, VG, 9B, VB
5:50	4x400 Relay	9G, VG, 9B, VB