

# Duncan Middle School Track Meet

Duncan High School invites you to the Duncan Middle School Track Meet to be held on Thursday March 12th, 2018

1. There will be a 7th and 8th grade division for both boys and girls.
2. This meet is OSSAA sanctioned.
3. Medals will be awarded to top three finishers in all events.
4. Trophies awarded to Championship team in each division
5. All running events will be timed finals.
6. All heating will be done on the football field.
7. Each school is limited to three athletes per event and each athlete is limited to 4 events.
8. There will be a hospitality room for coaches.

**ATTENTION COACHES:** Schools planning to attend this meet must submit their entries on Enduro by completing steps 1-5 for "Roster Entries" meets. The entry deadline for this meet is Sunday, March 10. Log into your TrackRoster account at: [www.endurousa.com](http://www.endurousa.com).

**Please email or call Todd Ledford 580-467-2741- [todd.ledford@duncanps.org](mailto:todd.ledford@duncanps.org) or Tim Buben 580-470-5042 – [tim.buben@duncanps.org](mailto:tim.buben@duncanps.org) if you plan on attending!!**

The entry fee for the meet is \$75.00 per division. Please make checks payable to **Duncan High School Track and Field**.

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Name of School \_\_\_\_\_

Coaches \_\_\_\_\_

Contact # \_\_\_\_\_

\_\_\_\_7th grade girls \_\_\_\_7th grade boys \_\_\_\_8th grade girls \_\_\_\_8th grade boys

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## Order of events

**Coaches meeting 9:30**

**Field Events - 10:00am**

Shot Put 7G, 7B, 8B, 8G

Discus 8B, 8G, 7G, 7B

Pole Vault 7G & 8G, 7B & 8B

Long Jump 8B, 8G, 7B, 7G

High jump 7G, 7B, 8B, 8G

**Running Events – 10:00am (timed finals)**

4x100 Relay 7G, 7B, 8G, 8B

4x800 Relay 7G, 7B, 8G, 8B

100m Hurdles 7G, 8G

110m Hurdles 7B, 8B

4x200 Relay 7G, 7B, 8G, 8B

800m Run 7G, 7B, 8G, 8B

100m Dash 7G, 7B, 8G, 8B

400m Dash 7G, 7B, 8G, 8B

300m Hurdles 7G, 7B, 8G, 8B

200m Dash 7G, 7B, 8G, 8B

1600m Run 7G, 7B, 8G, 8B

4x400m relay 7G, 7B, 8G, 8B