

Healdton 7/JH Meet

Friday, April 24, 2020

COACHES MEETING AT 9:00

FIELD EVENTS AT 9:30

RUNNING EVENTS AT 9:45

DIVISIONS: 7th boys and girls, JH boys and girls (4 divisions)

ENTRY FEE: \$65 PER TEAM. \$15 PER INDIVIDUAL (4 OR LESS).

TRACK: NEW 5 LANE ALL-WEATHER TRACK

PARTICIPATION: 4 EVENTS PER ATHLETE, 3 CONTESTANTS PER EVENT, 1 RELAY PER SCHOOL

AWARDS: MEDALS FOR TOP 5 PLACES.

FACILITIES: NO DRESSING ROOMS; BATHROOMS AVAILABLE. A CONCESSION STAND WILL BE PROVIDED

COACHES WILL HAVE A HOSPITALITY ROOM

PLEASE RSVP TO: JUSTIN KANA (918) 290-0001 QUESTIONS/ WEATHER: JUSTIN KANA (918) 290-0001 OR MIKE PHILLIPS (580) 229- 0540

TEAM CAMPS: NO TEAMS WILL CAMP ON THE INFIELD. ALL CAMPS WILL BE AROUND OUTSIDE OF TRACK.

MAKE CHECKS PAYABLE TO HEALDTON SCHOOLS

FIELD EVENTS (9:30)

SHOT PUT: 7th boys, JH boys, 7th girls, JH girls

DISCUS: 7th girls, JH girls, 7th boys, JH boys

HIGH JUMP: JH girls, 7th girls, JH boys, 7th boys

LONG JUMP: JH boys, 7th boys, JH girls, 7th girls

RUNNING EVENTS (9:45) (girls before boys and 7th before JH)

400M Relay

3200M Relay

100M HURDLES- girls

110M HURDLES- boys

3200M Run- JH boys

800 M RELAY

800M RUN

100M DASH

3200M Run- JH girls

400M DASH

300M HURDLES

200M DASH

1600 M RUN

1600 M RELAY