

Wolverine Running Club Invitational

Holdenville, Oklahoma

Saturday April 18th, 2020

4th, 5th & 6th Grade Divisions



The **Wolverine Running Club** and **Holdenville Track & Field Booster Club** would like to invite you to attend our home elementary age track meet on Saturday April 18th, 2020. Student's younger than 4th grade may compete in the meet, but they will compete in the 4th grade division.

Times: Coaches Meeting 9:00 am
Field Events 9:30 am
Running Events 11:00 am

Entry Fee: \$10 per student up to \$100 per school or club team participating.
Make Checks Payable to: **Holdenville Track Booster Club**
This track meet is **FREE** for all kids who attend Hughes or Seminole County Schools. Please email Coach Turner in advance if your school wishes to participate. rturner@holdenville.k12.ok.us

Awards: Medals to the top 3 male & female placers in each event per age group.
Once the results for each race are posted the medals will be available for pick up at the tent next to concession stand.

Contestants: Participants may compete in a maximum of 3 individual events and 1 relay.

Divisions: 4th Girls, 5th Girls, 6th Girls, 4th Boys, 5th Boys, 6th Boys
Student's younger than 4th grade may compete in the meet, but they will compete in the 4th grade division. AAU and USATF teams are welcome to enter.

Track: Holdenville Ball Fields, North South 370 Rd, Holdenville, OK 74848
(Southwest side of Holdenville, South of Airport)

Timing: All events will be hand timed; results will be posted next to the concession stand.

Parking: All parking must be outside the fenced area.

Concession: Concession will be available. Coaches will receive a snack ticket for concession stand. No Dressing Rooms. Rest Rooms are located next to the concession stand.

Make Checks out to:

Holdenville Track & Field Booster Club

Mail Check to:

Holdenville Public Schools, Attn: Track Coach Ryan Turner, 210 Grimes, Holdenville, OK 74848

Coach Ryan Turner rturner@holdenville.k12.ok.us

(918) 257-0618

Schedule of Events

Field Events

All Field Events start at 9:30 am – In the throwing events each participant will throw 3 times and their best throw will be measured. In the long jump each participant will get 3 attempts, no finals.

High Jump	All Girls, followed by All Boys – the results will be separated into divisions.
Long Jump	All Boys, followed by All Girls – the results will be separated into divisions.
Shot Put	All Girls, followed by All Boys – the results will be separated into divisions. *all Divisions will throw a 4 pound shot (will be provided)
Discus	All Boys followed by All Girls – the results will be separated into divisions. *all Divisions will throw a 1 kilogram discus (HS girl's discus – will be provided)

Running Events

All Running Events start at 11:00 am and will have a Rolling Schedule - Depending on the number of participants some events may be combined with grades but results and awards will be separated.

60 m Dash	4 th Girls, 5 th Girls, 6 th Girls, 4 th Boys, 5 th Boys, 6 th Boys
800 m Run	4 th Girls, 5 th Girls, 6 th Girls, 4 th Boys, 5 th Boys, 6 th Boys
100 m Dash	4 th Girls, 5 th Girls, 6 th Girls, 4 th Boys, 5 th Boys, 6 th Boys
400 m Dash	4 th Girls, 5 th Girls, 6 th Girls, 4 th Boys, 5 th Boys, 6 th Boys
1500 m Run*	4 th /5 th /6 th Girls, 4 th /5 th /6 th Boys
200 m Dash	4 th Girls, 5 th Girls, 6 th Girls, 4 th Boys, 5 th Boys, 6 th Boys
4x400 m Relay**	One race, awards and results will be separated Relay medals for 1 st place team only.

* All Girls will race in 1 Race, All Boys will race in 1 Race – awards and results will be separated

**Each school/club may enter as many relays as they want, co-ed teams will be accepted but they will count towards the boys race results in each division.