

## **MEDFORD TRACK MEETS – 2020**

All of the Medford track meets are for schools that compete in class B-2A.

**FRIDAY April 10, 2020** – HS Boys and HS Girls.

(\$75 per division. Individual fees are \$15 per athlete.)

**Monday April 13, 2020** – JH Boys and JH Girls.

(\$60 per division. Individual fees are \$10 per athlete.)

**Time:** 9:30 a.m. Coaches Meeting in the building North of the track.

10:00 a.m. Field Events begin

10:30 a.m. running Events begin. *All Meets are Timed Finals.*

**Limitations:** Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay.

Four throws will be allowed in the shot and discus and four attempts in the long jump, No finals. Pole Vault for JH and HS. High Jump for JH and HS.

**Awards:** Medals will be given to the top five (5) places in each event.

**Team Points:** 10-8-6-4-2-1, with double points awarded for relays.

**Equipment:** We have a 6 lane Track and we use an automatic timing system. We request that only short spikes (1/4) or flat shoes are worn on this surface. Medford will furnish all starting blocks.

A Concession Stand will be in operation throughout the meet and all participants must keep their tents on the outside of the fence.

**Entry Enrollment:** Please send email to Eric Spidell at [espidell@medford.k12.ok.us](mailto:espidell@medford.k12.ok.us)

**\*If you have any questions please contact Eric Spidell or Mike Thompson at Medford Public Schools (580) 395-2392.**

# MEDFORD HIGH SCHOOL

## TRACK MEET

# ORDER OF EVENTS

**9:30 a.m. COACHES MEETING** – This will be held in the shed north of the football field.

**10:00 a.m. FIELD EVENTS** – Each contestant will be awarded (3) attempts in the long jump, shot put, and discus throw. (NO FINALS.)

HIGH JUMP	HSB-HSG
LONG JUMP	HSG-HSB
DISCUS	HSG-HSB
SHOT PUT	HSB-HSG
POLE VAULT	HSB-HSG

### **10:30 a.m. RUNNING EVENTS**

3200 Relay	HSG-HSB
400 RELAY	HSG-HSB
100 HURDLES	HSG
110 HURDLES	HSB
3200 RUN	HSG
800 RELAY	HSG-HSB
800 RUN	HSG-HSB
100 DASH	HSG-HSB
3200 RUN	HSB
400 DASH	HSG-HSB
300 HURDLES	HSG-HSB
200 DASH	HSG-HSB
1600 RUN	HSG-HSB
1600 RELAY	HSG-HSB

# MEDFORD JUNIOR HIGH

## TRACK MEET

### ORDER OF EVENTS

**9:30 a.m. COACHES MEETING** (This will be held in the building North of the football field.)

**10:00 a.m. FIELD EVENTS** – Each contestant will be awarded (3) attempts in the long jump, shot put, and discus throw. (NO FINALS.)

HIGH JUMP	JHSB-JHSG
LONG JUMP	JHSG-JHSB
DISCUS	JHSG-JHSB
SHOT PUT	JHSB-JHSG
POLE VAULT	JHSB-JHSG

**10:30 a.m. RUNNING EVENTS**

3200 Relay	JHSG-JHSB
400 RELAY	JHSG-JHSB
100 HURDLES	JHSG
110 HURDLES	JHSB
800 RELAY	JHSG-JHSB
800 RUN	JHSG-JHSB
100 DASH	JHSG-JHSB
400 DASH	JHSG-JHSB
300 HURDLES	JHSG-JHSB
200 DASH	JHSG-JHSB
1600 RUN	JHSG-JHSB
1600 RELAY	JHSG-JHSB