

MIAMI HIGH SCHOOL

2000 E. Central
Miami, OK 74354
918-542-4421(phone)
918-542-7421(fax)

Dear Coach,

On behalf of the Miami Public School system, we extend to you and your school system, a sincere invitation to participate in our track & field meets. We will be hosting 2 high school meets and 1 7th/8th meet.

We will be giving medals to the top 4 placers in each event. We will keep team points, but **will not** give out team plaques.

Our track is an 8-lane, high performance, surface located on the northeast side of the high school. *Please use 1/4" spikes or less.* We will use an electronic timing system.

Our athletic department has selected the following dates for our meets.

Sincerely,

Rick Simpson
Head H.S. Boys
rsimpson@miamips.net
918-541-7595

Matt LeFay
Head H.S. Girls
mlefay@miamips.net
918-533-1282

Chad Davis
Athletic Director
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918-533-2168

TUESDAY, April 7th Varsity (4A/5A) **TWO DIVISIONS – Boys & Girls**

Coaches meeting: 9:30 a.m. \$90 per HS/per division
Meet starts: 10:00 a.m. \$18 per individual (5 or less)

THURSDAY, April 9th Varsity (3A and under) **TWO DIVISIONS – Boys & Girls**

Coaches meeting: 9:30 a.m. \$90 per HS/per division
Meet starts: 10:00 a.m. \$18 per individual (5 or less)

MONDAY, April 13th 7th & 8th (5A and under) **FOUR DIVISIONS – 7TH BOYS & GIRLS, 8TH BOYS & GIRLS**

Coaches meeting: 9:30 a.m. \$70 per JH/per division
Meet starts: 10:00 a.m. \$14 per individual (5 or less)

HS ORDER OF EVENTS

Field Events – 10:00 a.m.

High Jump: Girls, Boys

Long Jump: Boys, Girls

Discus: Girls, Boys

Shot Put: Boys, Girls

Pole Vault: Boys, Girls

Timed Finals Meet – 10:15 a.m.

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles – 33” (girls)

110 Meter Hurdles – 39” (boys)

3200 Meter Run – (boys)

800 Meter Relay

800 Meter Run

100 Meter Dash

BREAK

3200 Meter Run – (girls)

400 Meter Dash

300 Meter Hurdles – 30” (girls)

300 Meter Hurdles – 36” (boys)

200 Meter Dash

1600 Meter Run

1600 Meter Relay

7/8 ORDER OF EVENTS

FIELD EVENTS – 10:00 a.m.

HIGH JUMP: 7G-8G-7B-8B
LONG JUMP: 8G-7B-8B-7G
DISCUS: 7B-8B-7G-8G
SHOT PUT: 7G-8G-7B-8B
POLE VAULT: 8B-7B-8G-7G

TIMED FINALS MEET – 10:15 a.m.

400 Meter Relay
3200 Meter Relay (may be combined**)**
100 Meter Hurdles (Girls)
110 Meter Hurdles (Boys)
800 Meter Relay
800 Run
100 Meter Dash
400 Meter Dash
300 Meter Hurdles
200 Meter Dash
1600 Meter Run
1600 Meter Relay