

**OCS Middle School
Track Meet
Friday April 17th
Order of Events**

Coaches' meeting will begin at 9:00

Field Events: 9:30

Running Events: 10:00

Running Events

All events are timed finals.

400 meter relay (7g,7b,8g,8b)

3200 meter relay(7g,7b,8g,8b)

100 meter hurdles(7g,8g)

110 meter hurdles(7b,8b)

800 meter run (7g,7b,8g,8b)

100 meter dash (7g,7b,8g,8b)

400 meter dash (7g,7b,8g,8b)

800 meter relay(7g,8g)

300 meter hurdles(7g,7b,8g,8b)

200 meter dash (7g,7b,8g,8b)

1600 meter run (7g,7b,8g,8b)

1600 meter relay (7g,7b,8g,8b)

Field Events:

Shot (7g,7b,8g,8b)

Discus (8b,8g,7b,7g)

Long Jump (8g,8b,7g,7b)

High Jump (7b,7g,8b,8g)

Pole Vault (7/8 b, 7/8 g)

OCS Middle School
OCS Middle School Invitational Track Meet
Friday, April 17, 2020
Boys and Girls Grade 7 and 8

You are invited to the annual **Oklahoma Christian School Invitational Track Meet**. It will be held on **Friday, April 17th**. The meet will start at 9:00 a.m. The coaches meeting will begin @ 9:00. The field events will begin at 9:30

ENTRY FEE- The entry fee is \$70.00 for each team (7th and 8th grade boys and 7th and 8th grade girls). Or \$280 for all four divisions. If you have less than four participants the fee is \$15.

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. Each contestant will be given three throws in the shot and discus and three jumps in the long jump, and high jump.

MEDALS- Medals will be awarded to 1st, 2nd, and 3rd places in all events.

TROPHIES- Trophies will be awarded to 1st and 2nd place teams, one for the boys and one for the girls in each grade level.

TEAM POINTS- Points will be awarded to 1st through 6th place (10-8-6-4-2-1) in individual events and (20-16-12-8-4-2) in relays.

EQUIPMENT- OCS will furnish all starting blocks. ¼ inch spikes or shorter is allowed.

RULES- OCS will use the rules of the Oklahoma Secondary Schools Activity Association.

To Enter the Meet- Make sure you e-mail, text or call Rodney Nichols. My contact info is at the bottom of the events sheet.

CONTACT- Rodney Nichols

Email: rmichols@ocssaints.org

Work: 405-474-6549