

2020 Western Conference Track & Field Championships

Host School: Kingfisher High School
1500 S. 13th St. Kingfisher, OK 73750

Entry Fee: Entry Fee will be the total cost of medals, awards, and timing company fee divided by the 13 member schools. Checks payable to Kingfisher Track & Field.

Time: 9:30 AM Coaches Meeting
10:00 AM Field Events
10:30 AM Running Events

Divisions: HS Boys, HS Girls, MS Boys, MS Girls



ONLINE ENTRIES: the Entry DEADLINE for the meet is April 21st (Monday). **All entries will be CLOSED at 6pm!** No late entries accepted. ALL of the steps on our meet's "Entries Window" must be completed – including the VERIFICATION step. If your team/school does not complete ALL steps on our meet's "Entries Window" (including the VERIFICATION Step), it means your students ARE NOT ENTERED. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com.

PREVIEW WINDOW: Immediately before you depart for the meet, please view the meet's PREVIEW window for any last-minute changes. To find the **Preview Window**, log into your ENDURO USA™ account and click on the meet in the "Student Meets and Events List" (on the right side of the window).

Entrants: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event. You may run a "B" relay as needed. "B" relays will not receive awards or team points.

Awards: A traveling trophy will be presented to the team champion in the high school divisions. A team champion plaque will be awarded to the winning team in the middle school division.

Medals: Medals will be awarded to 1st, 2nd and 3rd place in all events.

Assignments: Each school will be assigned duties to work during the meet. See the order of events page for assignments.

Events: HS DIVISIONS - Three (3) throws/jumps and then seven (7) to finals shot put, discus, and long jump.
MS DIVISIONS - Four (4) throws/jumps ONLY in the shot put, discus, and long jump.

Team Points: Points will be awarded to the top 6 (10-8-6-4-2-1) with Relays doubled. (20-16-12-8-4-2).

Hospitality: A hospitality room will be provided by the host school.

Admission: There will be no admission charge for spectators.

Concession: A concession stand will be provided by the host school.

Rules: OSSAA and NFHS rules will apply.

For questions please contact:

Jon Arthur, Meet Referee
Western Conference Track & Field Chair
Athletic Director, Bethany High School
jarthur@bethanyschools.com
405-664-6183 (Cell)
405-499-4608 (Office)

Micah Nall, Meet Director
Head Track Coach
Kingfisher High School
mnall@kingfisher.k12.ok.us
405-315-6876 (Cell)

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ORDER OF EVENTS

Field Events

10:00	Discus	HS Girls	MS Boys	HS Boys	MS Girls
	Shot Put	HS Boys	MS Girls	HS Girls	MS Boys
	High Jump	HS Boys	MS Girls	HS Girls	MS Boys
	Long Jump	HS Girls	MS Boys	HS Boys	MS Girls
	Pole Vault	MS Girls	HS Girls	MS Boys	HS Boys

Running Events

10:30	400 Meter Relay	MS Girls	MS Boys	HS Girls	HS Boys	
	3200 Meter Relay	MS Girls	MS Boys	HS Girls	HS Boys	
	100 Meter Hurdles	MS Girls	HS Girls			
	110 Meter Hurdles	MS Boys	HS Boys			
	3200 Meter Run	HS Boys				
	800 Meter Relay	MS Girls	MS Boys	HS Girls	HS Boys	
	30 Minute Break					
	800 Meter Run	MS Girls	MS Boys	HS Girls	HS Boys	
	100 Meter Dash	MS Girls	MS Boys	HS Girls	HS Boys	
	3200 Meter Run	HS Girls				
	400 Meter Dash	MS Girls	MS Boys	HS Girls	HS Boys	
	300 Meter Hurdles	MS Girls	MS Boys	HS Girls	HS Boys	
	200 Meter Dash	MS Girls	MS Boys	HS Girls	HS Boys	
	1600 Meter Run	MS Girls	MS Boys	HS Girls	HS Boys	
	1600 Meter Relay	MS Girls	MS Boys	HS Girls	HS Boys	

(Top six (6) in team points and next two (2) best seed times in last heat)

Work Assignments

Anadarko - Shot Put (HS Boys/MS Girls), 4 x 200 1st/3rd Exchange Judge, Jury of Appeals

Bethany - Meet Referee, Finish Line, 4 x 200 2nd Exchange Judge, Break Line Judge (1600 Run & Relay)

Blanchard - High Jump (HS Girls/MS Boys), 4 x 100 1st Exchange Judge

Cache - Pole Vault (All w/Weatherford), Break Line Judge (4 x 800 Relay & 800 Run)

Chickasha - Discus (HS Girls/MS Boys), Hurdle Judge

Clinton - Shot Put (HS Girls/MS Boys), 4 x 100 3rd Exchange Judge

Elgin - Finish Line, 4 x 100 1st Exchange Judge, 4 x 200 2nd Exchange Judge, Jury of Appeals

Elk City - High Jump (HS Boys/MS Girls), Hurdle Judge

Kingfisher - Starter, Assistant Starter, Heating Benches, Awards, Hospitality

Newcastle - Long Jump (HS Girls/MS Boys), 4 x 100 2nd Exchange Judge

Tuttle - Discus (HS Boys/MS Girls), 4 x 100 2nd Exchange Judge

Weatherford - Pole Vault (All w/Cache), 4 x 100 3rd Exchange Judge, Jury of Appeals

Woodward - Long Jump (HS Boys/MS Girls), 4 x 200 1st/3rd Exchange Judge