

Junior High Track Meet

MONDAY MARCH 29th, 2021

On behalf of the Checotah Public Schools, we are extending an invitation to participate in our Junior High Boys and Girls Track and Field Meet. Checotah Schools has an 8 lane Track with collegiate landing mats.

Location: Checotah High School

Mailing Address:

Checotah High School
Attn: Zac Ross
491 W. Paul Carr Drive
Checotah, OK 74426

REGISTRATION:

Online registration will be at OK MileSplit. The direct link to the registration page is <https://ok.milesplit.com/meets/405916>, click on the %Register Online Now+button to get started. Go to <https://support.milesplit.com/en/t/meet-registration> for step-by-step instructions to register your team. Be sure to print your confirmation page at the end of the process to ensure your team is registered for the meet.

You must have your team claim submitted by **March 25**, and the entry deadline is Wednesday **March 26** at midnight. Any adjustments to entries after the deadline can be emailed to josh@crossroadstiming.com. Payment is not accepted online and must be sent by mail or at the meet.

Fees:

\$75.00 for each Division. You are allowed only 3 per event. If you plan on running extra in an event it will be \$50.00 more per Division, for a total of \$100.00. This extra fee is good for all events. The extra athletes must sign in as B and will not count towards scoring or medals. For teams of four athletes or less: \$15.00 per person.

Make Checks Payable to: CHECOTAH PUBLIC SCHOOLS. NO REFUNDS

Time:

Coaches Meeting will be at 9:00 a.m. in the Weight Room locker room.
Field Events will begin at 9:30 a.m. and running events will begin at 10:00a.m.
This meet is **TIMED FINALS**.

DIVISIONS:

There will be two (4) divisions: 7th girls/boys 8th girls/boys

NOTE:

There will only be three athletes allowed in each event, unless you pay the extra fee.
Limitations: Each school is limited to one (1) relay team. Each school is limited to three (3) competitors per event. Each contestant is limited to four events, including relays and field events.

Medals: _____ Medals will be awarded to the top three finishers in each event.

Trophies:

Trophies will be awarded to 1st and 2nd place teams.

Team Points:

Awarded to top six finishers (10 . 8 . 6 . 4 . 2 - 1) in individual events and in relays, (20 . 16 . 12 . 8 . 4 . 2).

Equipment:

Checotah will furnish all starting blocks to contestants. ¼+spikes or shorter are Required.
DO NOT USE TAPE ON THE TRACK.

Junior High Track Meet
MONDAY MARCH 29th, 2021

Restrooms/Concessions:

Located on the North side and Southeast corners of the football field. **DO NOT BRING GLASS BOTTLES INTO THE STADIUM!!!**

Dressing facilities: NO DRESSING FACILITIES.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Zac Ross Head Track

Coach Email Address: zdross@checotah.k12.ok.us

School (918) 473-8083 Fax: (918) 473-473-7174

Junior High Track Meet
MONDAY MARCH 29th, 2021
Order of Events

10:00am

400 METER RELAY	GIRLS	BOYS
3200 METER RELAY	GIRLS	BOYS
100 M HURDLES (30)	GIRLS	
110 M HURDLES (30)		BOYS
800 METER RELAY	GIRLS	BOYS
800 METER RUN	GIRLS	BOYS
100 METER DASH	GIRLS	BOYS

-----BREAK-----

400 METER DASH	GIRLS	BOYS
300 METER LH	GIRLS	BOYS
200 METER DASH	GIRLS	BOYS
1600 METER RUN	GIRLS	BOYS
1600 METER RELAY	GIRLS	BOYS

9:30am

POLE VAULT	7TH , 8TH BOYS	7TH , 8TH GIRLS
HIGH JUMP	7TH ,8TH GIRLS	7TH , 8TH BOYS
LONG JUMP	7TH , 8TH BOYS	7TH , 8TH GIRLS
SHOT PUT	7TH , 8TH BOYS	7TH , 8TH GIRLS
DISCUS	7TH , 8TH GIRLS	7TH , 8TH BOYS