

Clinton Public Schools
Western Oklahoma Sundowner
Junior High **AND High School**
Thursday, March 11, 2021

Only the first 10 teams will be admitted to our meet

Please confirm to Cory Strahorn (405) 365-6263 (text is fine)

4 Divisions:

7th and 8th grade Girls

7th and 8th grade Boys

Varsity Girls (grades 9 to 12)

Varsity Boys (grades 9 to 12)

\$75.00 per boys team and \$75.00 per girls team

If you are bringing all four teams, the cost is \$250.00

\$10.00 per individual (up to 4)

Make checks payable to **Clinton Public Schools**

Note - no refunds for rainout once the track meet has started

Each contestant is limited to four (4) events, including relays.

This is a timed finals meet. All times will be hand held.

No trophy's will be awarded, but points will be added and posted.

Medals will be awarded to the top 3 individual events & top 3 relays

3:45 pm - Coaches Meeting on the infield of the track. Please designate a coach on your staff to help with exchange zones.

4:00 pm - Field events (Shot Put/Discus are located on the west side of the football field) start.

4:00 pm - Running events start.

Concession stand will be available

All OSSAA Rules will apply

Restrooms for coaches and athletes are located on the north side of the football gamefield (west side of the weight room).

Please stay off of the football turfed gamefield.

All busses please park in the parking lot north of the track

Clinton High School

2130 Gary Blvd.

Clinton, OK 73601

RUNNING EVENTS

Running events will be ran in the following order:

1. JR HIGH GIRLS
2. JR HIGH BOYS
3. VARSITY GIRLS
4. VARSITY BOYS

400 METER RELAY

3200 METER RELAY All 7th to 12th grade teams of each gender will run together.

100 METER HURDLES

110 METER HURDLES

3200 METER RUN **Varsity Only. Boys and Girls will run together**

800 METER RELAY

800 METER RUN

100 METER DASH

400 METER DASH

300 METER HURDLES

200 METER DASH

1600 METER RUN All 7th to 12th grade teams of each gender **may** run together. Only the top six in each division will be recorded.

1600 METER RELAY

FIELD EVENTS

SHOT PUT	JR HIGH GIRLS	JR HIGH BOYS	Varsity GIRLS	Varsity BOYS
LONG JUMP	JR HIGH BOYS	Varsity GIRLS	Varsity BOYS	JR HIGH GIRLS
DISCUS	Varsity GIRLS	Varsity BOYS	JR HIGH GIRLS	JR HIGH BOYS
HIGH JUMP	Varsity BOYS	JR HIGH GIRLS	JR HIGH BOYS	Varsity GIRLS
POLE VAULT	ALL GIRLS, ALL BOYS			



Coach's meeting

Entrance

Bus parking

Restrooms

Heating

LJ

PV

Shot

Disc

HJ

gton Ave

First Church of God