

# ***MEDFORD CARDINALS***

## ***TRACK MEETS***

***2021***

Medford track meets are for schools that compete in **class 3A or below** in high school track.

**Friday April 9, 2021** - High School Boys and Girls. \$75 per division.

Individual fees are \$15 per athlete.

**Monday April 12, 2021** - JH Boys and Girls (7th & 8th Grade Only) \$60 per division.

Individual fees are \$10 per athlete.

**Time:** 9:30 a.m. Coaches Meeting

9:45 a.m. Field Events begin

10:00 a.m. Running Events begin. All Meets Are Timed Finals.

**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. Three throws will be allowed in the shot and discus and three attempts in the long jump, No finals. Pole Vault for JH and HS. High Jump for all levels.

**Awards:** Medals will be given to the top five (5) places in each event.

**Team Points:** 10-8-6-4-2-1, with double points awarded for relays.

**Equipment:** We have a new 6-lane Polyurethane Track and we use an automatic timing system (FATS). We have also moved and added a 2<sup>nd</sup> pit to our long jump. We have the ability now to move our high jump pit as needed. We request that only short spikes (1/4) or flat shoes are worn on this surface. Medford will furnish all starting blocks.

A Concession Stand will be in operation throughout the meet and all participants must keep their tents on the outfield grass of the baseball field.

If you have any questions, please call Eric Spidell or Mike Thompson at Medford High School at 580-395-2392. You can also send an email to [espidell@medford.k12.ok.us](mailto:espidell@medford.k12.ok.us)

Please call and give your phone number if you're planning to attend. We will call those schools if bad weather forces cancellation.

# MEDFORD JUNIOR HIGH

## TRACK MEET

# ORDER OF EVENTS

Monday April 12, 2021

**9:30 a.m. COACHES MEETING** (This will be held in the building North of the football field.)

**9:45 a.m. FIELD EVENTS** – Each contestant will be awarded (3) attempts in the long jump, shot put, and discus throw. (NO FINALS.)

HIGH JUMP	JHSB-JHSG
LONG JUMP	JHSG-JHSB
DISCUS	JHSG-JHSB
SHOT PUT	JHSB-JHSG
POLE VAULT	JHSB-JHSG

**10:00 a.m. RUNNING EVENTS**

3200 Relay	JHSG-JHSB
400 RELAY	JHSG-JHSB
100 HURDLES	JHSG
110 HURDLES	JHSB
800 RELAY	JHSG-JHSB
800 RUN	JHSG-JHSB
100 DASH	JHSG-JHSB
400 DASH	JHSG-JHSB
300 HURDLES	JHSG-JHSB
200 DASH	JHSG-JHSB
1600 RUN	JHSG-JHSB
1600 RELAY	JHSG-JHSB