

NEW TRACK - NEW MEET
at
NORTH ROCK CREEK
(Just NE of Shawnee)

4 Divisions - 5th grade girls, boys; 6th grade girls, boys
Monday April 19, 2021 - Coaches Meeting 9 a.m., F.E. 9:30, Running 10:00

This meet is open to elementary schools affiliated with OSSAA Class A, 2A and 3A Track High Schools and all ORES Schools. OSSAA rules will apply.

\$65 per division or \$15 per individual or \$250 per school for all 4 divisions.

Medals to top 5 placers in all events and 1st and 2nd place team plaques.

Scoring: 8 places: 10-8-6-5-4-3-2-1 and double for relays.

Limitations: 4 events per athlete; 3 individuals or 1 relay team per school per division per event. (Occasional extra entries are allowed but NO SCORERS unless part of a dedicated "B" Team for the day for which an appropriate additional entry fee is paid.)

Admission will be charged. Concessions will be available. Hospitality will be provided for coaches.

1/4" spikes or less in running and jumping events.

TEAM CAMPS - Outside of the track, on the grass, away from field event ares and not impeding the natural flow of foot traffic.

This will be an old-fashioned heat-sheet and manual stopwatch meet. NO PRE-ENTRY REQUIRED.

Coaches who plan to bring their teams or have any questions, CALL OR TEXT COACH MARTIN at 405-567-5563.

NRC 5-6 Grade Track Meet Order of Events (May adjust as needed)

TRACK EVENTS - Running Order is 5G,6G,5B,6B unless otherwise noted.

4 x 100 Relay
4 x 800 Relay (May combine 5G & 5B; then 6G & 6B)
100m Hurdles
4 x 200 Relay
800
100
400
200m Hurdles
200
1600 (May combine 5G & 5B; then 6G & 6B)
4 x 400m Relay

FIELD EVENTS

SHOT - 5G-5B-6G-6B (6 lbs. shot for all divisions) 4 attempts
DISCUS - 6G-6B-5G-5B - 4 attempts
LONG JUMP - 5B-6G-6B-5G - 4 attempts
HIGH JUMP - 6B-5G-5B-6G

Notes on Hurdles - All Divisions - 100m Hurdles will be 10 hurdles on straightaway on H.S. Girls spacings on lowest (30") height.

200m Hurdles - (We consider it a "lead-up" event for future 300m Hurdlers)
- 200m Hurdles will start at the 200 m "stagger line" in each lane. Competitors must clear 4 hurdles (at lowest setting of 30") at these distances from the start: 50m, 85m, 120m, 155m. In other words, they're clearing hurdles number 4, 5, 6 and 7 (NOT 8) of the H.S.Girls 300m Hurdle race.