



## Pawhuska Invitational Track Meets

Junior High: Tuesday, March 30<sup>th</sup>, 2021

High School: Thursday, April 1<sup>st</sup>, 2021

Head Track Coach: Mark Frye

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On behalf of Pawhuska Public Schools, we invite you and your teams to participate in our boys and girls track and field meets. We have a brand new surface on our eight-lane track with excellent field facilities. A FAT system will be used in the timing of both meets. **Please respond with an RSVP as we will cap the event at 15 full teams due to COVID. Partial teams will not count toward the 15 - See RSVP below!**

- Entry Fee:**                    Junior High Division - \$65.00 entry fee for each boys and girls teams in each 7<sup>th</sup> and 8<sup>th</sup> grade division, or \$10.00 per athlete for 4 or fewer participants.  
High School Division- \$90.00 entry fee for each boys and girls team or \$15.00 per individual for 4 or fewer participants.
- Time:**                         Junior High Division: Coaches meeting 9:15 a.m. in hospitality room on West end of the stadium. First calls made at 9:30 and meet will begin at 9:45.  
High School Division: Coaches meeting 9:15 a.m. in hospitality room on West end of the Stadium. Field events at 9:45 and Running events at 10:15.
- JH Divisions:**                7<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> girls, 8<sup>th</sup> boys.- We will run the 300 meter hurdles.
- Limitations:**                Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three throws will be given in the shot put and discus and three jumps in the long jump.
- Medals:**                        Medals will be awarded to the top three places.
- Trophies:**                     Trophies awarded to the top teams in each division.
- Team Points:**                Individual scoring will apply: 10-8-6-4-2-1  
Relay scoring will apply: 20-16-12-8-4-2.
- Equipment:**                3/16 inch spikes or smaller required. Pawhuska Schools will provide starting blocks. Please no tape on the running surface.
- Hospitality Room:**        A coaches Hospitality room will be set-up in the Ag building West of track.
- RSVP:**                         Due to COVID, we will cap our meet at 15 full teams for both the JH and HS meets. To get into the meet please call or text 918-287-7881. We will be encouraging social distancing of camps but access to the field will be only for coaches and athletes who are heating up. Partial or small schools with limited entrants will not count toward the 15 team limit.
- Parking:**                      All busses will park at the softball parking lot on the East side of our stadium.

**Pawhuska High School Invitational Track Meet  
Thursday, April 1st, 2021**

**Order of Events**

<b>10:15</b>	<b>400 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>3200 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>100 M HURDLES</b>	<b>GIRLS</b>	
	<b>110 M HURDLES</b>		<b>BOYS</b>
	<b>3200 METER RUN</b>		<b>BOYS</b>
	<b>800 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>800 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>100 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>3200 METER RUN</b>	<b>GIRLS</b>	
	<b>400 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>300 METER LH</b>	<b>GIRLS</b>	
	<b>300 METER IH</b>		<b>BOYS</b>
	<b>200 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>1600 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>1600 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>

**9:45**

**FIELD EVENTS**

<b>POLE VAULT</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>HIGH JUMP</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>LONG JUMP</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>SHOT PUT</b>	<b>BOYS</b>	<b>GIRLS</b>
<b>DISCUS</b>	<b>GIRLS</b>	<b>BOYS</b>

**NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS EACH.**

Pawhuska JH Invitational Track Meet  
**Tuesday, March 30, 2021**

ORDER OF EVENTS

<b>9:45</b>	<b>400 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>100 M HURDLES (30)</b>	<b>GIRLS</b>	
	<b>100 M HURDLES (30)</b>		<b>BOYS</b>
	<b>800 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>800 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
	<b>100 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>

-----**BREAK-** time permitting-----

<b>400 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>300 METER LH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>200 METER DASH</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RUN</b>	<b>GIRLS</b>	<b>BOYS</b>
<b>1600 METER RELAY</b>	<b>GIRLS</b>	<b>BOYS</b>

**9:45**

**FIELD EVENTS**

<b>POLE VAULT</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>HIGH JUMP</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>
<b>LONG JUMP</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>SHOT PUT</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>
<b>DISCUS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> GIRLS</b>	<b>7<sup>TH</sup> , 8<sup>TH</sup> BOYS</b>

**\*NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS. EACH OF THE 3 THROWS WILL BE CONSECUTIVE.**