

2021 Western Conference Track & Field Championships

Host School: Elk City High School

Entry Fee: Entry Fee will be the total cost of medals, awards, and timing company fee divided by the 13 member schools. Checks payable to Elk City High School

April 20, 2021



Time: 9:30 AM Coaches Meeting
10:00 AM Field Events
10:30 AM Running Events

Divisions: HS Boys, HS Girls, MS Boys, MS Girls

ONLINE ENTRIES: the Entry DEADLINE for the meet is April 19th (Monday). **All entries will be CLOSED at 6pm!** No late entries accepted. ALL of the steps on our meet's "Entries Window" must be completed – including the VERIFICATION step. If your team/school does not complete ALL steps on our meet's "Entries Window" (including the VERIFICATION Step), it means your students ARE NOT ENTERED. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: kevin@runenduro.com.

PREVIEW WINDOW: Immediately before you depart for the meet, please view the meet's PREVIEW window for any last-minute changes. To find the **Preview Window**, log into your ENDURO USA™ account and click on the meet in the "Student Meets and Events List" (on the right side of the window).

Entrants: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event. You may run a "B" relay as needed. "B" relays will not receive awards or team points.

Awards: A traveling trophy will be presented to the team champion in the high school divisions. A team champion plaque will be awarded to the winning team in the middle school division.

Medals: Medals will be awarded to 1st, 2nd and 3rd place in all events.

Assignments: Each school will be assigned duties to work during the meet. See the order of events page for assignments.

Events: HS DIVISIONS - Three (3) throws/jumps and then seven (7) to finals shot put, discus, and long jump. MS DIVISIONS - Four (4) throws/jumps ONLY in the shot put, discus, and long jump.

Team Points: Points will be awarded to the top 6 (10-8-6-4-2-1) with Relays doubled. (20-16-12-8-4-2).

Hospitality: A hospitality room will be provided by the host school.

Admission: There will be no admission charge for spectators.

Concession: A concession stand will be provided by the host school.

Rules: OSSAA and NFHS rules will apply.

For questions please contact:

Jon Arthur, Meet Director
Western Conference Track & Field Chair
Bethany High School
jarthur@bethanyschools.com 405-664-6183 (Cell)

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ORDER OF EVENTS

Field Events

10:00 **Discus** HS Girls MS Boys HS Boys MS Girls
Shot Put HS Boys MS Girls HS Girls MS Boys
High Jump HS Boys MS Girls HS Girls MS Boys
Long Jump HS Girls MS Boys HS Boys MS Girls
Pole Vault MS Girls HS Girls MS Boys HS Boys

Running Events

10:30 **400 Meter Relay** MS Girls MS Boys HS Girls HS Boys
3200 Meter Relay MS Girls MS Boys HS Girls HS Boys
100 Meter Hurdles MS Girls HS Girls
110 Meter Hurdles MS Boys HS Boys
3200 Meter Run HS Boys
800 Meter Relay MS Girls MS Boys HS Girls HS Boys
*****30 Minute Break*****
800 Meter Run MS Girls MS Boys HS Girls HS Boys
100 Meter Dash MS Girls MS Boys HS Girls HS Boys
3200 Meter Run HS Girls
400 Meter Dash MS Girls MS Boys HS Girls HS Boys
300 Meter Hurdles MS Girls MS Boys HS Girls HS Boys
200 Meter Dash MS Girls MS Boys HS Girls HS Boys
1600 Meter Run MS Girls MS Boys HS Girls HS Boys
1600 Meter Relay MS Girls MS Boys HS Girls HS Boys
(Top six (6) in team points in last heat)

Work Assignments

We will have most of the events covered where coaches aren't having to work them for the entire day. There will be some events that we need help with and I will be sending you an email about who will help with what event about a week before the track meet.