

2022 NORTH CANADIAN RIVER CONFERENCE TRACK MEET at North Rock Creek

Thursday April 7, 2022 - 6 Divisions - 7th & 8th gr. & HS Boys and Girls

Coaches meeting 8:30 a.m., F.E.9:00, Track events 9:00

This will be an Enduro (Rosters) meet for sign-up, timing and results. Teams must meet the Enduro entry deadlines in order to compete.

Buses should park along the north curb north of the gym, facing west or along the west curb, facing south. No team camps inside the track fence, please. Concessions will be available. Admission will be charged.

Order of Events:

Running events order will typically be 7G-7B-8G-8B-HSG-HSB unless otherwise noted.

3200m - HS only - G & B together

100/110m Hurdles

-7G-7B-8G-100m Hurdles at 30"

-HSG-100m Hurdles at 33"

-8B-110m Hurdles at 33"

HSB-110m Hurdles at 39"

4 x 100

4 x 800 - 7G & 7B together, 8G & 8B together, HSG & HSB together

100

4 x 200

800

Short Break

400

300m Hurdles

1600 - 7G & 7B together, then HSG

200

1600 - 8G & 8B together, then HSB

4 x 400

Field Events - (4 attempts only for each competitor in Shot, Discus and LJ)

PV - All Girls and Boys together

SHOT - 8G-HSG-7B-8B-HSB-7G

DISCUS - HSB-7G-8G-HSG-7B-8B

HJ - 7B-8B-HSB-7G-8G-HSG

LJ - 7G-8G-HSG-7B-8B-HSB

Call or text Coach Martin as needed at 405-567-5563(c).