

# Canadian Valley Conference

## High School Track Meet

**Date:** Tuesday, April 19<sup>th</sup>, 2022

**Place:** Pauls Valley- Wacker Park

**Time:** Coaches Meeting 4:00 p.m. -- All events 4:30 p.m.

**Awards:** Medals to top 5 places, top 3 in relays

**Cost:** Paid for by the conference

*Teams may run more than three individuals but only three from each school can medal.*

### Field Events

Long Jump: Boys, Girls

High Jump: Girls, Boys

Shot: Boys, Girls

Disc: Girls, Boys

Pole Vault: Girls, Boys

**LJ, SHOT, DISCUS 4 ATTEMPTS**

### Running Events, Timed Finals

Order (Girls, Boys)

400m Relay

3200m Relay

100m Hurdles

110m Hurdles

3200m Run (Boys)

800m Relay

800m Run

100m Dash

3200m Run (Girls)

400m Dash

300m Hurdles

200m Dash

1600m Run

1600m Relay

#### Field Events

Long Jump- Bridge Creek

High Jump- Washington

Shot- Lexington

Disc- Marlow

Pole Vault- Purcell

**Heating Benches-** Lindsay/ Davis

\*Please bring workers to help you run off your event. We will not have extra workers. \*

\*There must be a coach present at your field event at all times. Do not let kids run your event off. \*