



Broken Arrow Track & Field

Junior High
Frontier Valley Conference Championship
Meet
April 19, 2022

This is a pre-seeded meet. Teams planning to attend this meet must submit their entries at www.enduroussa.com by April 18 at 5pm. Heat sheets for all events will be made prior to the competition.

- **LOCATION:** Broken Arrow High School Track (2290 E Albany St, Broken Arrow, OK 74012)
- **TIME:** Coaches meeting will be at 3:00 pm. The Meeting will take place at the start/finish line.
- **FIELD EVENTS:** Begin at 3:30 pm (3 preliminary throws and jumps, 8 people make it to the finals for 3 more jumps and throws). .
- **RUNNING EVENTS:** Begin at 3:30 pm
- **LIMITATIONS:** Each team is permitted 3 competitors per event and 1 relay per school. Each athlete is limited to four events including relays.
- **DIVISIONS (4):** JH boys/girls, 9th boys/girls
- **MEDALS:** Awarded to 1st, 2nd, and 3rd place
- **TROPHIES:** Awarded to 1st place team
- **TEAM POINTS:** Awarded to 1st thru 8th place places. (10-8-6-5-4-3-2-1) in individual events and in relays (20-16-12-10-8-6-4-2)
- **EQUIPMENT:** We will furnish all starting blocks. Spikes must be ¼" or shorter. **OSSAA rules apply.**
- **QUESTIONS:** Broken Arrow Varsity Head Track Coach Scott Wilkinson, swilkinson@baschools.org or JH Head Track Coach David Heath, dheath@baschools.org



Team Assignments

Heating Area - Union	Pole Vault - Broken Arrow
Long Jump - Owasso	Shot Put - Jenks
Discus - Sand Springs, Bartlesville	Exchange Zones - Muskogee
Hurdles - Booker T Washington	High Jump - Sapulpa
Appeals- Bixby	

3:30 FIELD EVENTS

HIGH JUMP BOYS/GIRLS 9B/8B/9G/8G

LONG JUMP GIRLS/BOYS 8G/9G/8B/9B

DISCUS GIRLS/BOYS 9B/8B/9G/8G

SHOT BOYS/GIRLS 8G/9G/8B/9B

POLE VAULT BOYS/GIRLS (jh & 9th combined, scored separately)

3:30 RUNNING EVENTS

400 Relay GIRLS/BOYS 8G/9G/8B/9B

3200 Relay GIRLS/BOYS 8G/9G/8B/9B

100 M Hurdles GIRLS (30") 8G/9G

110 Hurdles Boys (33") 8B/9B

800 Relay GIRLS/BOYS 8G/9G/8B/9B

3200 m GIRLS/BOYS (jh & 9th combined, scored separately)

800m Run GIRLS/BOYS 8G/9G/8B/9B

100 M Dash GIRLS/BOYS 8G/9G/8B/9B

400 Dash GIRLS/BOYS 8G/9G/8B/9B

300 Hurdles GIRLS (30") 8G/9G BOYS (36") 8B/9B

200 Dash GIRLS/BOYS 8G/9G/8B/9B

1600 Run GIRLS/BOYS 8G/9G/8B/9B

1600 Relay GIRLS/BOYS 8G/9G/8B/9B