

## METRO LAKES CONFERENCE

### 2022 TRACK AND FIELD CHAMPIONSHIPS

Pryor High School

**Junior High 7th and 8th:** Thursday, April 28<sup>th</sup> 9:30am

**High School and 9th:** Friday, April 29<sup>th</sup> 9:30am

On behalf of Pryor Public Schools we would like to welcome you and your athletes to the 2022 Metro Lakes Conference Track and Field Championships.

**ATTENTION COACHES:** the On-line Entry DEADLINE for the JH meet is **Wednesday, April 27<sup>th</sup> @ 5pm. HS: April 28<sup>th</sup> @ 5pm.** (((The meet will be CLOSED at 5pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the ENDURO USAi website by completing ALL the necessary steps on the **ENTRIES Window**. including the **Verification Step**. If the **Verification Step** is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. - - - Please log into your ENDURO USAi account at: [www.endurousa.com](http://www.endurousa.com) - - - If you need assistance with your ENDURO USAi account, contact Kevin McWatters at: [kevin@runenduro.com](mailto:kevin@runenduro.com)

Coaches Meeting at 9:00am in the Football Field House.

## Conference Workers Schedule

Timing system- Pryor HJ . Claremore PV - Grove LJ . Glenpool

Shot . Coweta Discus . Tahlequah

Exchange 1 . Skiatook Exchange 2 - Collinsville (4X1 and 4X2) Exchange 3 . Pryor

# Metro Lakes Conference High School Schedule of Events

## Coaches Meeting 9:00 am, Field Events 9:30 am

High Jump- 9B, HSB, 9G, HSG

Long Jump- HSB, 9B, HSG, 9G,

Shot- HSG, 9G, HSB, 9B

Discus- HSB, 9B, HSG, 9G

Pole Vault- 9G, HSG, 9B, HSB

## High School Minimum Measurements/Opening Heights

Shot (Boys) 9th- 35qHS- 40q(Girls) 9th- 25qHS- 25q

Discus (Boys) 9th- 80qHS- 110q(Girls) 9th- 60qHS- 80q

High Jump (Boys) 9th- 4q0+HS- 5q+(Girls) 9th- 4q+HS- 4q+

Pole Vault (Boys) 9th- 8qHS- 10q(Girls) 9th- low HS- 7

## Timed Finals 10:00am

400 Relay 9-HS Girls, 9-HS Boys

3200 Relay All Girls, All Boys

100 Hurdles 9-HS Girls (9-HS 33in)

110 Hurdles 9-HS Boys (9-36 in, HS 39in)

3200 Run All Girls, All Boys

800 Relay 9-HS Girls, 9-HS Boys

800 Run 9-HS Girls, 9-HS Boys

100 M Dash 9-HS Girls, 9-HS Boys

400 M Dash 9-HS Girls, 9-HS Boys

300 M Hurdles 9-HS Girls, 9-HS Boys

200 M Dash 9-HS Girls, 9-HS Boys

1600 Run 9-HS Girls, 9-HS Boys

1600 Relay 9-HS Girls, 9-HS Boys

# **Metro Lakes Conference**

## **Junior High Order of Events**

Coaches Meeting 9:00am Field Events 9:30am

High Jump 7G, 8G, 7B, 8B Long Jump 7B, 8B, 7G, 8G

Shot 7G, 8G, 7B, 8B Discus 7B, 8B, 7G, 8G

Pole Vault 7G, 8G, 7B, 8B

Minimum Measurements/Opening Heights

Shot (Boys) 7- 25q8- 30q(Girls) 7- 20q8- 20q

Discus (Boys) 7- 70q8- 80q(Girls) 7- 50q8- 60q

High Jump (Boys) 7- 4q+8- 4q+(Girls) 7- 4q8- 4q+

Pole Vault (Boys) 7- 6q8- 7q(Girls) 7- lowq8- low

Timed Finals 10:00am

400 RELAY 7G, 8G, 7B, 8B

3200 RELAY 7G, 8G, 7B, 8B

100 H 30+7G, 8G

110 H 30+7B, 8B

800 RELAY 7G, 8G, 7B, 8B

800 RUN 7G, 8G, 7B, 8B

100 M DASH 7G, 8G, 7B, 8B

400 M DASH 7G, 8G, 7B, 8B

300 H 30+7G, 8G, 7B, 8B

200 M DASH 7G, 8G, 7B, 8B

1600 RUN 7G, 8G, 7B, 8B

1600 RELAY 7G, 8G, 7B, 8B