



MMSAC Conference Track Meet

Choctaw High School
Tuesday, April 19, 2022

Location: Choctaw High School, 14300 NE 10th Street, Choctaw, OK 73020

Teams: Choctaw, Deer Creek, Edmond Central, Edmond Cheyenne, Edmond Cimarron, Edmond Heartland, Edmond Sequoyah, Edmond Summit, Mustang, Mustang Central, Mustang North, Stillwater, Yukon

Divisions: 7th grade Boys and Girls, 8th grade Boys and Girls

Time: 9:00 a.m.– Coaches Meeting * 9:30 a.m.– Running and Field Events

Cost: \$100 per division or \$400 per school Send Entry Fees to:

Choctaw High School
Attn: Mike Hessman
14300 NE 10th Street
Choctaw, OK 73020

ON-LINE ENTRIES: Coaches must submit all entries on the ENDURO USA™ website: www.endurousa.com. - - - **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** - - - **ONLINE ENTRIES DEADLINE:** the day before the meet @ 5:00pm. - Complete ALL of the steps on the "Entries Window". **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your ENDURO USA™ account, please email your questions to: kevin@runenduro.com - - - or message Kevin through your ENDURO USA™ account.

- Heating benches will be located on the south end of the track near the starting line.
- No finals in field events. Each athlete will receive 3 jumps/3 throws
- Limit 3 individuals per event
- Limit 4 events per individual
- No "B" teams
- There will be minimum qualifying marks in throws and jumps. Each athlete will have at least one jump or throw measured at their request.
- Hurdles: girls' and 7th grade boys' 30" / 8th grade boys' 100h 33"; 300h 30"
- Medals will be awarded for 1st through 6th place. Relays will medal 1st through 3rd place. 1st place team in each division will receive a championship banner (via conference).
- Scoring: 1st=10 / 2nd=8 / 3rd=6 / 4th=4 / 5th=2 / 6th=1 *Relays worth double
- **Contact:** Sierra Bledsoe, sbledsoe@cnpsschools.org or Tim McCall, tmccall@cnpsschools.org.

Order of Events

Running Events Start at 9:30 a.m.

4x100 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys
 4x800 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys
 100 Hurdles 7th Girls, 8th Girls
 110 Hurdles 7th Boys, 8th Boys
 4x200 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys
 800 Run 7th Girls, 8th Girls, 7th Boys, 8th Boys
 100 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys
 400 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys
 300 Hurdles 7th Girls, 8th Girls, 7th Boys, 8th Boys
 200 Dash 7th Girls, 8th Girls, 7th Boys, 8th Boys
 1600 Run 7th Girls, 8th Girls, 7th Boys, 8th Boys
 4x400 Relay 7th Girls, 8th Girls, 7th Boys, 8th Boys

Field Event Start at 9:30 a.m.

High Jump 8th Boys, 7th Boys, 8th Girls, 7th Girls
 Long Jump 8th Girls, 7th Girls, 8th Boys, 7th Boys
 Discus 7th Girls, 8th Girls, 7th Boys, 8th Boys
 Shot 7th Boys, 8th Boys, 7th Girls, 8th Girls
 Pole Vault All Boys, All Girls

**Teams must provide workers, tape measures and coach to run the event.

Relay Exchange Zones:

4 x 100 Exchange 1 -Deer Creek Exchange 2 - Edmond Central Exchange 3 – Mustang
 4 x 200 Exchange 1 & 3 - Stillwater Exchange 2 - Mustang North

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
Pole Vault	Yukon	Yukon
Shot	Stillwater	Edmond Sequoyah
Discus	Deer Creek	Edmond Cheyenne
Long Jump	Edmond Cimarron	Edmond Heartland
High Jump	Edmond Central	Edmond Summit