



## 40th ANNUAL RAM RELAYS



FOLDS of HONOR

Friday April 1st, 2022

### MEET INFORMATION:

- Entries will be completed online through Enduro Entries.
  - ◆ This meet is by invite only and so your team will need the passcode to enter.
  - ◆ Please email me about what divisions your team will be bringing to the meet.
- Entry Fee is \$100 per Varsity Divisions. \$50 per JV Teams.
  - ◆ We have 2 divisions. (HS Boys and Girls)
  - ◆ Make checks payable to Owasso High School.
  - ◆ You can Hand deliver check on the day of the meet or send it to: Coach Steve Parker, Owasso High School, 12901 E. 86th St. N., Owasso, Ok 74055
- Entries are due by Thursday, March 31st at 12:00am
  - ◆ The HS Division is not limited. If you have more than one team there is an extra cost.
  - ◆ You may edit and update your entries online any time before the entry deadline.
  - ◆ All submitted entries in the system at the entry deadline will be considered FINAL.
- Coaches Meeting 12:00pm It will be in the Multipurpose Building just west of the track.
- All!! Field Events will begin at 12:15pm or after the coaches meeting.
- All!! Running Events will begin at 12:30pm and will follow a rolling time schedule.
- Coaches Boxes will not be used. No spectators/Non-Coaches in competition areas.
- ¼ Inch Spikes or less permitted.
- Bus Parking: Will be posted. Drop off athletes at the track and then buses will be parked in the parking lot West of the football stadium.
- A hospitality room will have lunches available for coaches only. It will be in the same location as the coaches meeting.
- Tents may be set up on the SW, NE and NW corners of the track.
  - ◆ No tents or camps on the infield.
- Scoring:
  - ◆ The following Team scoring system will be used:
    - Individual Events: 10-8-6-5-4-3-2-1
    - Relay Events: 10-8-6-5-4-3-2-1 NO DOUBLE POINTS!!
    - Only one Relay team per school will receive Team Points.
    - Only three members from one school will receive Team Points in individual events.
- Timing:
  - ◆ ENDURO TIMING SYSTEMS will be used.
- Field Events:
  - ◆ Horizontal Jumps (Long Jump)
    - First legal Jump will always be marked, then each successive jump that doesn't meet the minimum will not be marked. This way every athlete gets a recorded mark.
    - Minimums will be based on entry marks.



- Athletes will receive 3 Jumps and the top 9 to finals. 3 Jumps in finals.
  - ◆ **Throws:**
    - **First legal Throw will always be marked**, then each successive throw that doesn't meet the minimum will not be marked. This way every athlete gets a recorded mark.
    - Minimums will be based on entry marks.
  - ◆ **High Jump** will compete using a 3-Active format.
  - ◆ **Pole Vault** will use a 5-Active format.
  - ◆ **Runway Markings:**
    - Chalk & Tape are permitted.
- **Weigh-In:**
- ◆ Weigh-In Time during or before the coaches meeting.
  - ◆ Implements will be weighed and certified prior to the throwing events.
  - ◆ Meet officials have the discretion to withhold any throwing implements that do not meet weight or quality.
- **Event Check-In:**
- ◆ Athletes will check in at the heating benches in the Multi-Purpose Building when their event is called. Discus and shot put events will be checked in at the location of the events. See map for details.
- **Competition Warm-up**
- ◆ The track will be open for team warm up prior to the start of the meet.
  - ◆ No warming up will be allowed on the competition area during the competition.
  - ◆ General warm-up during competition can be completed on the infield or outside of the track.
  - ◆ Field events warm-ups will be completed at the event site.
- **Height Progressions:**
- ◆ Opening heights: Will be based on entries
    - **Runway Boards:**
  - ◆ **First legal Jump will always be marked**, then each successive jump that doesn't meet the minimum will not be marked. This way every athlete gets a recorded mark.
  - ◆ Minimums will be based on entry marks.
- **Awards:**
- ◆ If you finish 1st, 2nd or 3rd, you will receive a medal.
  - ◆ Team winners will receive a team trophy.
- **Contact Information**
- ◆ Steve Parker Head Coach 918-808-1412
  - ◆ Owasso High School, 12901 E. 86th St N., Owasso, Ok 74055
  - ◆ Email: [steve.parker@owassops.org](mailto:steve.parker@owassops.org)



### 12:15pm Field Events

High Jump	Boys, Girls
Pole Vault	Girls, Boys
Long Jump	Girls, Boys
Discus	Girls, Boys
Shot	Boys, Girls

### Running Events Start

4x100m Relay	Girls Boys
4x800m Relay	Girls Boys
100m Hurdles	Girls Boys
110m Hurdles	Girls Boys
100m Dash	Girls Boys
3200m Run	Girls
4x200m Relay	Girls Boys
3200m Run	Boys
DMR (1200,400,800,1600)	Girls Boys
400mRun	Girls Boys
300m Hurdles	Girls Boys
SMR (200,200,400,800)	Girls Boys
1600m Run	Girls Boys
4x400m Relay	Girls Boys



Coaches:

Coaches Meeting at 12:00pm

Field Events at 12:15pm

Running Events at 12:30pm

Please enter the High School from the south and drop off your team. Park across the street in the Wal-Mart parking lot.