



TRACK AND FIELD



FOLDS of HONOR

OWASSO JUNIOR HIGH TRACK MEET

7th 8th

- DATE:** 4/11/2022
- TIME:** 12:00 Coaches Meeting
12:15 Field Events and
12:30 Running Events
- ENTRIES:** 4 Divisions...7th / 8th Grade Boys/Girls
- AWARDS:** Medals to the first three places. Awards to the Top Teams in each division.
- PLACING:** All events are final.
- HEATING:** There will not be a heating bench. We will heat everyone at the starting line of each event.
- LIMITATIONS:** Each contestant is limited to four events, including relays.
- EVENTS:**
- FIELD EVENTS:** We will have ALL girls and ALL boys compete together. We will score them separately at the end of the competition.
- ENTRY FEE:** We have 4 Divisions (7G-7B/8G-8B). \$50 per Division.
- COACHES:** This will be an ENDURO timed meet, so you must go to Enduroentries.com and enter a roster only. You will also need to email for the code to enter your roster. We will not be posting results.
- CONTACT INFO:** Steve Parker
Owasso High School
12901 East 86th Street North
Owasso, Ok 74055
Cell: 918-808-1412
Ath. Office: 918-272-1867
Email: steve.parker@owassops.org



TRACK AND FIELD

FIELD EVENTS:

HIGH JUMP	7G-8G/7B-8B
POLE VAULT	7B-8B/7G-8G
LONG JUMP	7B-8B/7G-8G
SHOT	7G-8G/7B-8B
DISCUS	7B-8B/7G-8G

RUNNING EVENTS: There will not be a 200m or a 400m, but you can have as many 4x2 & 4x4 teams as you want.

7th Grade/8th Grade

7-8 Girls 4 x 100m Relay

7-8 Boys 4 x 100m Relay

7-8 Girls 4 x 800m Relay

7-8 Boys 4 x 800m Relay

7-8 Girls 100 m Hurdles (30")

7-8 Boys 110 m Hurdles (30")

7-8 Girls 4 x 200m Relay

7-8 Boys 4 x 200m Relay

7-8 Girls 800m

7-8 Boys 800m

7-8 Girls 100m

7-8 Boys 100m

7-8 Girls 300 m Hurdles

7-8 Boys 300 m Hurdles

7-8 Girls 1600m

7-8 Boys 1600m

7-8 Girls 4 x 400m Relay

7-8 Boys 4 x 400m Relay
