



Pawhuska Invitational Track Meets

Junior High: Tuesday, March 29th, 2022
High School: Thursday, March 31st, 2022

Head Track Coach: Mark Frye

School Phone: 918-287-1262 Email: markfrye@pawhuskadistrict.org

Cell Phone: 918-287-7881

On behalf of Pawhuska Public Schools, we invite you and your teams to participate in our boys and girls track and field meets. We have a brand new surface on our eight-lane track with excellent field facilities. A FAT system will be used in the timing of both meets. **Please respond with an RSVP as we will cap the event at 12 full teams for both meets. Please email or text Coach Frye from information above. Partial teams will not count toward the 12 - See RSVP below!**

Entry Fee: Junior High Division - \$70.00 entry fee for each boys and girls teams in each
7th and 8th grade division, or \$10.00 per athlete for 4 or fewer participants.
High School Division- \$90.00 entry fee for each boys and girls team
or \$15.00 per individual for 4 or fewer participants.

Time: **Junior High Division:** Coaches meeting 9:15 a.m. in hospitality room on West end of the stadium. First calls made at 9:30 and meet will begin at 9:45. **High School Division:** Coaches meeting 9:15 a.m. in hospitality room on West end of the Stadium. Field events at 9:45 and Running events at 10:15.

JH Divisions: 7th girls, 7th boys, 8th girls, 8th boys.- We will run the 300 meter hurdles.

Limitations: Each contestant is limited to four events including relays. Each school is limited to three entrants in each event and one relay per team. Three
throws
will be given in the shot put and discus and three jumps in the long jump.

Medals: Medals will be awarded to the top three places.

Trophies: Trophies will be awarded to the top teams in each division.

Team Points: Individual scoring will apply: 10-8-6-4-2-1
Relay scoring will apply: 20-16-12-8-4-2.

Equipment: 3/16 inch spikes or smaller required. Pawhuska Schools will provide starting blocks. Please no tape on the running surface.

Hospitality Room: Coaches will be given a voucher for meals at the hospitality room.

RSVP: We will cap our meet at 12 full teams for both the JH and HS meets. To get into the meet please call or text 918-287-7881 or email markfrye@pawhuskadistrict.org. We will be encouraging social distancing of camps. Access to the field will be only for coaches and athletes who are heating up. Partial or small schools with limited entrants will not count toward the 12 team limit.

Parking:

All busses will park at the softball parking lot on the East side of the track.

**Pawhuska High School Invitational Track Meet
Thursday, March 31st, 2022**

Order of Events

10:15	400 METER RELAY	GIRLS	BOYS
	3200 METER RELAY	GIRLS	BOYS
	100 M HURDLES	GIRLS	
	110 M HURDLES		BOYS
	3200 METER RUN		BOYS
	800 METER RELAY	GIRLS	BOYS
	800 METER RUN	GIRLS	BOYS
	100 METER DASH	GIRLS	BOYS
	3200 METER RUN	GIRLS	
	400 METER DASH	GIRLS	BOYS
	300 METER LH	GIRLS	
	300 METER IH		BOYS
	200 METER DASH	GIRLS	BOYS
	1600 METER RUN	GIRLS	BOYS
	1600 METER RELAY	GIRLS	BOYS

9:45

FIELD EVENTS

POLE VAULT	BOYS	GIRLS
HIGH JUMP	GIRLS	BOYS
LONG JUMP	BOYS	GIRLS
SHOT PUT	BOYS	GIRLS
DISCUS	GIRLS	BOYS

NOTE: SHOT PUT, DISCUS, AND LONG JUMP WILL HAVE 3 JUMPS/THROWS EACH.

