

## Pond Creek-Hunter 7-8 Grade

Invitational Track Meet: April 15<sup>th</sup>, 2022

\*\*\*\*All team entries MUST be completed online: [www.enduroussa.com](http://www.enduroussa.com)

Only team rosters will be needed. Races will be heated at the meet.\*\*\*\*

Cost: 7-8 Grade: \$70.00 per division. Individual fees are \$15 per athlete.

Time: 9:30 A.M. Coaches Meeting

9:45 A.M. Field Event begin

10:15 A.M. Running Events begin. TIMED FINALS!!

Limitations: Each contestant is limited to four events, including relays.

Each School is limited to three entrants in each event and one team in each relay.

Four throws will be allowed in the Shot and Discus and Four attempts in the Long Jump, NO FINALS!

Awards: Medals will be given to the top (6) places in each event.

Team Champion and Runner-up Awards will be given.

Team Points: 10-8-6-4-2-1, with double points for relays.

Equipment: We have an 8-Lane Polyurethane Track and we use an automatic timing system. We ask that only short spikes (1/4) or flat shoes be worn on this surface. PC-H will provide all starting blocks.

A concession stand will be in operation throughout the meet and all participants must keep their tents outside the fence.

A hospitality room will be available in the New Gymnasium

- If you have any questions, please call or text Darin Jones at Pond Creek-Hunter High School (580-532-4271) (580-554-0998) cell. Please call or text Darin Jones if you are planning on attending. In the event of inclement weather, we will call those schools.

## Pond Creek-Hunter

### 7-8 Grade Invitational Track meet

Friday, April 15<sup>th</sup>, 2022

#### Field events begin at 9:45 am

- Shot Put: Girls, Boys
- Discus: Boys, Girls
- Pole Vault: Boys, Girls
- High Jump: Girls, Boys
- Long Jump: Boys, Girls

#### 7<sup>th</sup> and 8<sup>th</sup> Invitational: Running Events: 10:15 A.M. TIMED FINALS!!!

- 400 M Relay: Girls, Boys
- 3200 M Relay: Girls, Boys
- 100 M Hurdles: Girls
- 110 M Hurdles: Boys
- 800 M Relay: Girls, Boys
- 100 M Dash: Girls, Boys

#### -----Short Break-----

- 400 M Dash: Girls, Boys
- 300 M Hurdles: Girls, Boys
- 200 M Dash: Girls, Boys
- 1600 M Run: Girls, Boys
- 1600 M Relay: Girls, Boys