

**2022 4/22/22**  
**VERDIGRIS VALLEY CONFERENCE**  
**MIDDLE SCHOOL TRACK MEET**

**Location:** Wagoner High School

**Date:** 4/22/22

**Coaches Meeting:** 3:15

**Field Events:** 3:30

**Running Events:** 3:45

**ORDER OF EVENTS**

<b>400 RELAY</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>3200 RELAY</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>100 HURDLES</b>	<b>7th Girls, 8th Girls - (30')</b>
<b>110 HURDLES</b>	<b>7th Boys, 8th Boys - (30')</b>
<b>800 RELAY</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>800 RUN</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>100 DASH</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>400 DASH</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>300 HURDLES</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys - (30')</b>
<b>200 DASH</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>1600 RUN</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>1600 RELAY</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>

**FIELD EVENTS:** Order and School Assignment: Equipment will be provided. The school listed 1st will work the field event for the 1st division listed.

<b>HIGH JUMP</b>	<b>Miami</b>	<b>7th Boys, 8th Boys, 7th Girls, 8th Girls</b>
<b>LONG JUMP</b>	<b>Verdigris/FTG</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>
<b>POLE VAULT</b>	<b>Catoosa/Vinita</b>	<b>8th Boys, 7th Boys, 8th Girls, 7th Girls</b>
<b>DISC #1</b>	<b>Jay/Locust Grove</b>	<b>7th Boys, 8th Boys, 7th Girls, 8th Girls</b>
<b>SHOT #1</b>	<b>Oologah/Hilldale</b>	<b>7th Girls, 8th Girls, 7th Boys, 8th Boys</b>

**TIMER ASSIGNMENT:**

Wagoner will be responsible for timing.

Heat Bench & Press box will be taken care of by the host school. Wagoner in 2022

**EXCHANGE ZONE JUDGES:**

**1<sup>ST</sup> Hilldale**  
**2<sup>ND</sup> Wagoner**  
**3<sup>RD</sup> Jay**

**APPEALS COMMITTEE**

A member of each school will be on the appeals committee, minus the schools involved in the appeal.

**Coaches:** Please look and see what assignment that your school has been assigned. **You will need to provide the workers for each particular field event you are assigned.** In the High School division, during the shot, disc and Long Jump, you will be allowed three attempts and the top eight will go to the finals and receive three additional attempts. We will take a 30 minute lunch break at the conclusion of the 100 meter dash.