

# Watonga Public Schools

## Watonga High School/Middle School Track and Field Meet

**April 22, 2022**

We will follow the state association rules and regulations and the following:

- This will be an all finals meet.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay. B-Teams will be allowed if you have them.
- Points will be scored 10-8-6-4-2-1 and will double for relays 20-16-12-8-4-2.
- Three (3) medals will be awarded in each event. No Team Trophies will be awarded.
- An entry fee of \$75.00 per division or \$150.00 for both girls and boys for each school team will be charged. Max of \$300.00 for all four (4) divisions. If you enter a B Team and would like them to score and medal the fee will be \$60.00 per team. Make checks payable to Watonga High School. No refunds.
- This is a Rosters ONLY meet. Entries are to be completed online using Enduroentries (www.enduroentries.com). Phone or faxed entries will not be accepted.
- Schools must have rosters entered on Enduroentries by **April 20, 2022**.
- ¼" or less spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for their running event.
- Athletes will not be allowed on the field unless they are warming up or competing in an event at the time.
- Coaches meeting at 9:30 am. Field events and running events will start at 10:00 am.
- A concession stand will be open. Coaches will receive a meal ticket for lunch.

Contact Coach Coleman if you have any questions about the meet.

Phone: 580-478-2039 Email: [jcoleman@watonga.k12.ok.us](mailto:jcoleman@watonga.k12.ok.us)

## Order of Events:

### Field Events: 10:00 am

High School contestants will have four (4) attempts and middle school contestants three (3) attempts to receive a legal mark in the Shot Put, Discus, and Long Jump.

High Jump: MSG, HSG, MSB, HSB

Long Jump: HSB, MSB, HSG, MSG

Pole Vault: MSG, HSG, MSB, HSB

Shot Put: MSB, HSB, MSG, HSG

Discus: HSG, MSG, HSB, MSB

### Running Events: 10:00 am

800M Relay MSG, HSG, MSB, HSB

3200M Run HSG, HSB

#### **30 Min. Break**

3200M Relay MSG, HSG, MSB, HSB

#### **30 Min. Break**

400M Relay MSG, HSG, MSB, HSB

800M Dash MSG, HSG, MSB, HSB

100M Hurdles MSG, HSG

110M Hurdles MSB, HSB

100M Dash MSG, HSG, MSB, HSB

400M Dash MSG, HSG, MSB, HSB

300M Hurdles MSG, HSG, MSB, HSB

200M Dash MSG, HSG, MSB, HSB

1600M Run MSG, HSG, MSB, HSB

1600M Relay MSG, HSG, MSB, HSB