

Western Conference Middle School T & F Meet

7th & 8th Grade

Monday, April 18th, 2022

Our On-line Entry DEADLINE is **Friday, 15th @ 6pm**. (((The meet will be CLOSED at 6pm!)))
No late entries accepted. - Schools attending must submit their entries on the ENDURO USA™ website by completing ALL the necessary steps on the meet's "**ENTRIES Window**" – including the **VERIFICATION** Step. If your team/school does not complete **ALL** the necessary steps on the Entries Window, your school/team can NOT be entered manually by our timing crew at the meet. If you need assistance with your ENDURO USA™ account contact Kevin McWatters at: kevin@runenduro.com - - -

www.endurousa.com

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for last minute changes that effect the meet. To find our meet's PREVIEW window, click on our meet (on the right side of the window). REMEMBER, you must VERIFY your entries for completeness and accuracy on the "Entries" window.

- Entry Fee:** Entry Fee will be the total cost of medals, awards, and timing company fee divided by the member schools. Checks payable to Kingfisher Track & Field.
- Divisions:** (1) Middle School Boys & (1) Middle School Girls (7-8) *no freshman with middle school*
- Timing:** We will be using ENDURO Timing™
- Medals:** Plaques awarded to the Championship teams in both divisions.
Custom medals awarded to the top 3 individual events & top 3 relays
- Entrants:** Each contestant is limited to four (4) events, including relays.
- Schedule:** 9:30 am - Coaches Meeting **Track Barn** *Breakfast & coffee provided*
10:00 am - Field Events *Shot Put West side of track* *Discus, across street to NW, use trail*
10:30 am - Running events
- Rules:**
- All OSSAA Rules will apply
 - Points will be awarded 10-8-6-4-2-1 and double for relays
 - Only 1/4" or less spikes will be allowed on running or jumping surfaces
 - Coaches & athletes only allowed on infield
 - Concession stand will be available in southwest corner of track complex
 - Kingfisher will provide starting blocks
- Parking:** Bus parking available in the northwest corner of the high school complex.
- CONTACT:** Kerri Lafferty Email: klafferty@kingfisher.k12.ok.us Cell 580 614-1115

Kingfisher High School 1500 S. 13th St Kingfisher, OK 73750

WESTERN CONFERENCE MIDDLE SCHOOL TRACK MEET

ORDER OF EVENTS

Coaches Meeting at 9:00

Running Events Start at 10:30 AM

400 M. RELAY Girls/Boys

3200 M. RELAY Girls/Boys

100 M. Hurdles Girls (30")

110 M. Hurdles Boys (33")

800 M. RELAY Girls/Boys

800 M. Run Girls/Boys

100 M. Dash Girls/Boys

400 M. Run Girls/Boys

300 M. Hurdles Girls/Boys

200 M. Dash Girls/Boys

1600 M. Run Girls/Boys

1600 M. RELAY Girls/Boys

Field Events Start at 10:00 AM

Shot Put Boys, Girls

Discus Girls/Boys

Long Jump Girls/Boys

High Jump Boys/Girls

Pole Vault Boys/Girls