

## **Coach Mo Classic**

Tuesday April 11th, 2023 2290 E Albany St, Broken Arrow, OK 74012

TIME: 3:00 Coaches Meeting

3:15 Field Events 3:30 Running Events

ENTRIES: 4 Divisions:

JH Girls (7th&8th) / Freshman Girls (9th) JH Boys (7th&8th) / Freshman Boys (9th)

AWARDS: Medals to the first three places. Team plaques will be given to division winners.

SCORING: Scoring will follow 10-8-6-5-4-3-2-1 and double for relays.

HEATING: The heating bench will be located at the north end of the football field.

LIMITATIONS: Each contestant is limited to four events, including relays. Each school is limited to three entrants

in each event and one relay team.

FIELD EVENTS: We will have ALL girls (jh and 9th) compete together and ALL boys (jh and 9th) compete together.

We will score them separately at the end of the competition.

ENTRY FEE: \$50 per gender per division (\$200 total)

COACHES: This will be an ENDURO timed meet, so you must go to Enduroentries.com and enter a roster only.

You will also need to email for the code to enter your roster. We will not be posting results.

CONTACT INFO: Aaron Partridge David Heath

Boys HS Track Coordinator Head Junior High Track

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## **FIELD EVENTS:**

HIGH JUMP Girls/Boys
POLE VAULT Girls/Boys
LONG JUMP Boys/Girls
SHOT Girls/Boys
DISCUS Boys/Girls

## **RUNNING EVENTS:**

400 Relay8G/9G/8B/9B3200 RelayGirls/Boys100 Hurdles (30/33")8G/9G110 Hurdles (33/36")8B/9B

 800 Relay
 8G/9G/8B/9B

 800m Run
 8G/9G/8B/9B

 100 M Dash
 8G/9G/8B/9B

 400 Dash
 8G/9G/8B/9B

300 Hurdles (30") 8G/9G 300 Hurdles (33") 8B/9B

 200 Dash
 8G/9G/8B/9B

 1600 Run
 Girls/Boys

 1600 Relay
 8G/9G/8B/9B