

**CHISHOLM 7th & 9th GRADE
BOYS and GIRLS
INVITATIONAL TRACK and FIELD MEET
MARCH 30, 2023**

Chisholm High School will be hosting their 7th and 9th grade meet March 30, 2023. We have a seven (7) lane urethane surface track along with an electronic timing system.

We will follow OSSAA regulations and the following will apply:

- Only schools entering class 4A, 3A, 2A and A Regionals may enter.
- There will be four divisions: 7th girls and boys 9th girls & boys
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event and one (1) team per relay event.
- Points will be scored 10-8-6-4-2-1 and will double for relays.
- Three (3) medals will be awarded in each event.
- An entry fee of \$80.00 per division for both boys and girls teams will be charged. \$15.00 per individual, up to 4. You may enter a “B” Team.
- Make checks payable to Chisholm Public Schools. No refunds
- **On-line Entry Deadline: Wednesday, March 29th @ 5pm.** * * * * All entries must be completed on-line at: www.endurousa.com - - - Complete All Steps – including the VERIFICATION Step. If you do not complete ALL steps on the meet’s “Entries Window” (including the VERIFICATION Step), your athletes will NOT be entered. Be sure to designate each athlete as “A”, or “B” Team. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. But, we will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline, at: www.endurousa.com. --- NO EXCEPTIONS!!! If you have questions about your ENDURO USA™ account, please contact Cara Branson at: cara@runenduro.com
- ¼” or less pyramid spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Athletes will not be allowed on the field unless they are warming up or competing at the time. Camp outside the fence.
- Coaches will meet at **8:30 am**. Field events will begin at **9:00 am**. Preliminaries will begin at **9:30 am**.
- A concession stand will be open.
- Admission will be: Adults-\$5.00 and Students-\$3.00

If you have any questions, please contact:

Jim Coleman Cell (580) 791-1309

E-mail jcoleman@chisholm.k12.ok.us

Results will be posted at www.ohstrack.com

**7TH AND 9TH GRADE GIRLS and BOYS
CHISHOLM INVITATIONAL TRACK and FIELD MEET
THURSDAY, MARCH 30, 2023**

ORDER of EVENTS

FIELD EVENTS 9:00 a.m.

Contestants will have three (3) attempts in the shot put, discus throw and long jump.
All attempts will be FINALS

Shot Put (7 th - 6lb, 9 th - 4kg)-----	7 th B, 9 th B, 7 th G, 9 th G
Discus Throw-----	7 th G, 9 th G, 7 th B, 9 th B
High Jump-----	9 th G, 7 th G, 9 th B, 7 th B
Long Jump-----	9 th B, 7 th B, 9 th G, 7 th G
Pole Vault-----	7 th G, 9 th G, 7 th B, 9 th B

RUNNING EVENTS 9:30 a.m.

400 relay-----	7 th G, 9 th G, 7 th B, 9 th B
3200 relay-----	7 th G, 9 th G, 7 th B, 9 th B
100 hurdles (30")-----	7 th G, 9 th G
110 hurdles (30")-----	7 th B
110 hurdles (33")-----	9 th B
800 relay-----	7 th G, 9 th G, 7 th B, 9 th B
800 run-----	7 th G, 9 th G, 7 th B, 9 th B
100 dash-----	7 th G, 9 th G, 7 th B, 9 th B
400 dash-----	7 th G, 9 th G, 7 th B, 9 th B
300 hurdles (30")-----	7 th G, 9 th G, 7 th B, 9 th B
200 dash-----	7 th G, 9 th G, 7 th B, 9 th B
1600 run-----	7 th G, 9 th G, 7 th B, 9 th B
1600 relay -----	7 th G, 9 th G, 7 th B, 9 th B