

**CLAREMORE SEQUOYAH JUNIOR HIGH TRACK  
MEET 2023**

**DATE: TUESDAY MARCH 28, 2023**  
**TIME: COACHES MEETING: 9:00 A.M.**  
**FIELD EVENTS 9:30 A.M. RUNNING EVENTS 9:30 A.M.**

**COST: \$70.00/TEAM \$10.00/INDIVIDUAL**

**DIVISIONS: 4 DIVISIONS- 7<sup>TH</sup> BOYS, 7<sup>TH</sup> GIRLS, 8<sup>TH</sup> BOYS , 8<sup>TH</sup> GIRLS**

**PARTICIPATION: EACH SCHOOL LIMITED TO 3 PER EVENT. NO MORE THAN 4  
EVENTS. STARTING BLOCKS PROVIDED, OSSAA RULES APPLY**

**SEND ENTRY FEES TO: SEQUOYAH PUBLIC SCHOOLS**  
**ATTENTION: RICHIE BURKS, BOBBY COOPER, OR BRAD HOLT**  
**ADDRESS: 16401 SOUTH 4180 RD. CLAREMORE, OK 74017**

**AWARDS: MEDALS TO THE TOP 5 PERFORMERS IN EACH INDIVIDUAL  
EVENT. MEDAL TO TOP THREE IN EACH RELAY**

**POINTS: 1<sup>ST</sup>-10, 2<sup>ND</sup>- 8, 3<sup>RD</sup>-6, 4<sup>TH</sup>-4, 5<sup>TH</sup>-2, 6<sup>TH</sup>-1**  
**RELAYS: 1<sup>ST</sup>-20, 2<sup>ND</sup>- 16, 3<sup>RD</sup>-12, 4<sup>TH</sup>-8, 5<sup>TH</sup>-4, 6<sup>TH</sup>-2**

**PARKING: AT THE CHURCH, WEST OF THE FOOTBALL STADIUM**

**SCHOOL PHONE: 918-343-5105**

**COACH COOPER CELL AND EMAIL: 918-344-8153**  
[\*\*bobby.cooper@sequoyaheagles.net\*\*](mailto:bobby.cooper@sequoyaheagles.net)

**COACH HOLT CELL AND EMAIL: 918-605-0201**  
[\*\*brad.holt@sequoyaheagles.net\*\*](mailto:brad.holt@sequoyaheagles.net)

**LIMIT: 1<sup>ST</sup> 15 TEAMS 4A AND BELOW**  
**HOSPITALITY ROOM WILL BE PROVIDED FOR COACHES**

**SEQUOYAH CLAREMORE JR. HIGH TRACK MEET  
TRACK MEET – MARCH 28, 2023**

**FIELD EVENTS**

**HIGH JUMP – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
LONG JUMP – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS  
SHOT PUT – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
DISCUS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS**

**RUNNING EVENTS**

**3200 METER RELAY – 7<sup>TH</sup> GIRLS AND 7<sup>TH</sup> BOYS, 8<sup>TH</sup> GIRLS AND 8<sup>TH</sup> BOYS  
100 METER HURDLES – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS  
110 METER HURDLES – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
400 METER RELAY – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
800 METER RUN – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
800 METER RELAY – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
100 METERS – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
400 METERS – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
300 METER HURDLES – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
200 METERS – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
1600 METER RUN – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS  
1600 METER RELAY – 7<sup>TH</sup> GIRLS – 8<sup>TH</sup> GIRLS – 7<sup>TH</sup> BOYS – 8<sup>TH</sup> BOYS**