

# Healdton 7/JH Meet

**Friday, April 7, 2023**

**COACHES MEETING AT 9:00**

**FIELD EVENTS AT 9:30**

**RUNNING EVENTS AT 9:45**

**DIVISIONS: 7th boys and girls, JH boys and girls (4 divisions)**

**ENTRY FEE: \$75 PER TEAM. \$15 PER INDIVIDUAL (4 OR LESS).**

**TRACK: NEW 5 LANE ALL-WEATHER TRACK**

**PARTICIPATION: 4 EVENTS PER ATHLETE, 3 CONTESTANTS PER EVENT, 1 RELAY PER SCHOOL**

**AWARDS: MEDALS FOR TOP 5 PLACES.**

**FACILITIES: NO DRESSING ROOMS; BATHROOMS AVAILABLE. A CONCESSION STAND WILL BE PROVIDED**

**COACHES WILL HAVE A HOSPITALITY ROOM**

**PLEASE RSVP TO: MIKE PHILLIPS (580) 229- 0540 OR Taner Richardson (580) 465 7612**

**TEAM CAMPS: NO TEAMS WILL CAMP ON THE INFIELD. ALL CAMPS WILL BE AROUND OUTSIDE OF TRACK.**

**MAKE CHECKS PAYABLE TO HEALDTON SCHOOLS**

**FIELD EVENTS (9:30)**

**SHOT PUT: 7<sup>th</sup> boys, JH boys, 7<sup>th</sup> girls, JH girls**

**DISCUS: 7<sup>th</sup> girls, JH girls, 7<sup>th</sup> boys, JH boys**

**HIGH JUMP: JH girls, 7<sup>th</sup> girls, JH boys, 7<sup>th</sup> boys**

**LONG JUMP: JH boys, 7<sup>th</sup> boys, JH girls, 7<sup>th</sup> girls**

**RUNNING EVENTS (9:45) (girls before boys and 7<sup>th</sup> before JH)**

**400M Relay**

**3200M Relay**

**100M HURDLES- girls**

**110M HURDLES- boys**

**3200M Run- JH boys**

**800 M RELAY**

**800M RUN**

**100M DASH**

**3200M Run- JH girls**

**400M DASH**

**300M HURDLES**

**200M DASH**

**1600 M RUN**

**1600 M RELAY**