

Dear Track Coach:

Heavener High School will be hosting their annual Heavener Invitational High School track meet. The meet will consist of 2 divisions of High School girls and High School Boys. Medals will be awarded to the top three in each event. The entry fee will be \$100.00 per division. For teams of four or less, the cost will be \$20.00 per person. First place and runner up plaques will be awarded for each division.

The high school meet will be held on Tuesday, March 28 2023. Coaches meeting at 9:30 a.m. and the meet starting at 10:00 am. Blocks will be provided, but you are welcome to bring your own. Please return the enclosed entry form as soon as possible or text that your team is attending. Limited space will be available. If you have any questions, please contact Ray West (Head Track Coach) at (918) 653-4307 or (479) 719-5303 cell. Fax (918) 653-2724.

Limitations: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Three (3) throws will be allowed in the shot and discus and three (3) jumps in the long jump. ¼ inch spikes' or shorter are required.

Team Points: Individual events – Awarded 1st through 6th places (10-8-6-4-2-1); Relays – Awarded 1st through 6th places (20-16-12-8-4-2).

Kona Ice and Simple Simons will be on site during the meet as well as concession.

See you in the Spring.

Ray West

Heavener Public Schools

High School

Track Entry Form

HS Girls _____ Cost: \$100

HS Boys _____ Cost: \$100

Reminder: Teams with 4 or less athletes with be charged \$20 per person.

Please return as soon as possible so we can begin preparing for these track meets.

School: _____

Phone #: _____

Coach: _____

Method of Payment:

Send _____

Bring _____

HEAVENER HIGH SCHOOL INVITATIONAL TRACK MEET

EVENT LIST

NO TEAM CAMPS ON TRACK INFIELD and OSSAA RULES WILL APPLY

FIELD EVENTS

SHOT PUT (HS Men, HS Women)

LONG JUMP (HS Men, HS Women)

DISCUS (HS Women, HS Men)

HIGH JUMP (HS Women, HS Men)

RUNNING EVENTS

RUNNING ORDER: Women, Men

3200 RELAY

100M HURDLES

110M HURDLES

400 RELAY

3200M RUN

800M RELAY

800M RUN

100M DASH

400M DASH

300M HURDLES

200M DASH

1600M RUN

1600M RELAY