

# HK TRACK

## HENRYETTA MIDDLE SCHOOL TRACK MEET

DATE: MARCH 28<sup>th</sup>, 2023

TIME: COACHES MEETING: 9:00 am

FIELD EVENTS: 9:30 am

RUNNING EVENTS: 10:00 am

Henryetta Public Schools would like to extend to you an invitation to participate in the Henryetta Middle School Track Meet. Information is as follows:

Entry Fee: \$90.00 for each boy's and \$90.00 for each girl's division. If team is less than four (4) it will be \$10.00 per individual; checks payable to Henryetta Public Schools

Divisions: There will be four (4) divisions: 7<sup>th</sup>-Boys, 7<sup>th</sup> Girls, 8<sup>th</sup> Boys, 8<sup>th</sup> Girls

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 (3) jumps in the long jump.

Awards: Medals will be awarded up to five (5) places in individual events, and only three (3) places will be awarded medals in relay events.

Trophies: Trophies will be awarded to both the girls and boys Champion and Runner-Up teams.

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

THERE WILL BE A COACHES MEAL AFTER THE 100 DASH (subject to time change).

A CONCESSION STAND WILL BE AVAILABLE. WE HOPE THAT YOUR TEAMS CAN ATTEND.

IF YOU HAVE ANY QUESTIONS, OR IF INCLEMENT WEATHER ARISES, YOU MAY CALL  
THE FOLLOWING NUMBER:

TIM GILLISPIE @ 918-906-7783

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## ORDER OF EVENTS

### FIELD EVENTS – 9:30 AM

SHOT PUT	7 & 8 B - G
DISCUS	7 & 8 G - B
LONG JUMP	7 & 8 G - B
HIGH JUMP	7 & 8 B - G
POLE VAULT	7 & 8 B - G

### TIMED FINALS – 10:00 AM

400 RELAY	7 & 8 G - B
3200 RELAY	7 & 8 G - B
100 HURDLES	7 & 8 G
110 HURDLES	7 & 8 B
800 RELAY	7 & 8 G - B
800 RUN	7 & 8 G - B
100 DASH	7 & 8 G - B

### BREAK

400 DASH	7 & 8 G - B
300 HURDLES	7 & 8 G - B
200 DASH	7 & 8 G - B
1600 RUN	7 & 8 G - B
1600 RELAY	7 & 8 G - B