

## **MEDFORD TRACK MEETS – 2023**

All of the Medford track meets are for schools that compete in class 3A and below.

**Saturday April 15, 2023**– HS Boys and HS Girls.

(\$80 per division. Individual fees are \$20 per athlete.)

**Saturday April 15, 2023** – JH Boys and JH Girls.

(\$70 per division. Individual fees are \$15 per athlete.)

**Time:** 9:30 a.m. Coaches Meeting in the new AG building North of the track.

9:45 a.m. Field Events begin

10:00 a.m. running Events begin. ***All Meets are Timed Finals.***

**Limitations:** Each contestant is limited to four events, including relays. Each school is limited to three entrants in each event and one team in each relay.

Four throws will be allowed in the shot and discus and four attempts in the long jump, No finals. Pole Vault for JH and HS. High Jump for JH and HS.

**Awards:** Medals will be given to the top five (5) places in each event as well as team trophies.

**Team Points:** 10-8-6-4-2-1, with double points awarded for relays.

**Equipment:** We have a newly resurfaced 6 lane track and we use an automatic timing system. We request that only short spikes (1/4) or flat shoes are worn on this surface. Medford will furnish all starting blocks.

A Concession Stand will be in operation throughout the meet and all participants must keep their tents on the outside of the fence.

**Entry Enrollment:** Please send email to Athletic Director Eric Spidell at [espidell@medford.k12.ok.us](mailto:espidell@medford.k12.ok.us)

**\*If you have any questions please contact Eric Spidell at 580-370-0080 or at**

**Medford Public Schools (580) 395-2392.**

Please call and give your phone number if you're planning to attend. We will call those schools if bad weather forces cancellation.

# MEDFORD PUBLIC SCHOOLS

## JH-HS TRACK MEET

# ORDER OF EVENTS

SATURDAY APRIL 15, 2023

**9:30 a.m. COACHES MEETING**

**9:45 a.m. FIELD EVENTS** – Each contestant will be awarded (3) attempts in the long jump, shot put, and discus throw. (NO FINALS.)

HIGH JUMP HSB-JHB-HSG-JHG

LONG JUMP HSG-JHG-HSB-JHB

DISCUS HSG-JHG-HSB-JHB

SHOT PUT HSB-JHB-HSG-JHG

POLE VAULT JHG-JHB-HSG-HSB

**10:00 a.m. 3200 Relay** HSG-HSB-JHG-JHB

### TIMED FINALS

400 RELAY JHG-JHB-HSG-HSB

100 HURDLES JHG-HSG

110 HURDLES JHB-HSB

3200 RUN HSG

800 RELAY JHG-JHB-HSG-HSB

800 RUN JHG-JHB-HSG-HSB

100 DASH JHG-JHB-HSG-HSB

3200 RUN HSB

400 DASH JHG-JHB-HSG-HSB

300 HURDLES JHG-JHB-HSG-HSB

200 DASH JHG-JHB-HSG-HSB

1600 RUN JHG-JHB-HSG-HSB

1600 RELAY JHG-JHB-HSG-HSB