



MMSAC Conference Track Meet

Choctaw High School
Tuesday, April 18, 2023

Location: Choctaw High School, 14300 NE 10th Street, Choctaw, OK 73020

Teams: Choctaw, Deer Creek, Edmond Central, Edmond Cheyenne, Edmond Cimarron, Edmond Heartland, Edmond Sequoyah, Edmond Summit, Mustang, Mustang Central, Mustang North, Stillwater, Yukon

Divisions: 7th grade Boys and Girls, 8th grade Boys and Girls

Time: 9:00 a.m.– Coaches Meeting
9:30 a.m.– Running and Field Events

Cost: \$100 per division or \$400 per school

Send Entry Fees to:

Choctaw High School
Attn: Mike Hessman
14300 NE 10th Street
Choctaw, OK 73020

Schools must submit their entries on www.endurousa.com by completing steps 1-6 for “seeded” meets. The entry deadline for this meet is 6 pm, Sunday, April 16, 2023. There will be no additions to entries after this deadline or day of the meet. Scratches can be made at the meet.

ATTENTION COACHES: the On-line Entry DEADLINE is: **Sunday, April 16th @ 6pm.** (((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the “**ENTRIES Window**” – including the “**Verification Step**”. If the “Verification Step” is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

- Heating benches will be located on the south end of the track near the starting line.
- No finals in field events. Each athlete will receive 3 jumps/3 throws
- Limit 3 individuals per event
- Limit 4 events per individual
- No “B” teams
- There will be minimum qualifying marks in throws and jumps. Each athlete will have at least one jump or throw measured at their request.
- Hurdles: girls’ and 7th grade boys’ 30” / 8th grade boys’ 100h 33”; 300h 30”
- Medals will be awarded for 1st through 6th place. Relays will medal 1st through 3rd place. 1st place team in each division will receive a championship banner (via conference).
- Scoring: 1st=10 / 2nd=8 / 3rd=6 / 4th=4 / 5th=2 / 6th=1 *Relays worth double

Contact: Jason Bittner, jbittner@cnpsschools.org; Corey Hawk, chawk@cnpsschools.org ; Alarie Davis, adavis@cnpsschools.org ; or the Athletic Office at (405) 390-6812.

Order of Events

Running Events Start at 9:30 a.m.

4x100 Relay	7th Girls, 8th Girls, 7th Boys, 8th Boys
4x800 Relay	7th Girls, 8th Girls, 7th Boys, 8th Boys
100 Hurdles	7th Girls, 8th Girls
110 Hurdles	7th Boys, 8th Boys
4x200 Relay	7th Girls, 8th Girls, 7th Boys, 8th Boys
800 Run	7th Girls, 8th Girls, 7th Boys, 8th Boys
100 Dash	7th Girls, 8th Girls, 7th Boys, 8th Boys
400 Dash	7th Girls, 8th Girls, 7th Boys, 8th Boys
300 Hurdles	7th Girls, 8th Girls, 7th Boys, 8th Boys
200 Dash	7th Girls, 8th Girls, 7th Boys, 8th Boys
1600 Run	7th Girls, 8th Girls, 7th Boys, 8th Boys
4x400 Relay	7th Girls, 8th Girls, 7th Boys, 8th Boys

Field Event Start at 9:30 a.m.

High Jump	8th Boys, 7th Boys, 8th Girls, 7th Girls
Long Jump	8th Girls, 7th Girls, 8th Boys, 7th Boys
Discus	7th Girls, 8th Girls, 7th Boys, 8th Boys
Shot	7th Boys, 8th Boys, 7th Girls, 8th Girls
Pole Vault	All Boys, All Girls

**Teams must provide workers, tape measures and coach to run the event.

Relay Exchange Zones:

4 x 100 Exchange 1 -Deer Creek Exchange 2 - Edmond Central Exchange 3 – Mustang
 Mustang 4 x 200 Exchange 1 & 3 - Stillwater Exchange 2 - Mustang North

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
Pole Vault	Yukon	Yukon
Shot	Stillwater	Edmond Sequoyah
Discus	Deer Creek	Edmond Cheyenne
Long Jump	Edmond Cimarron	Edmond Heartland
High Jump	Edmond Central	Edmond Summit