

Mounds Middle School Invitational Track Meet

1603 Russell Ave, Mounds, Ok 74047; Phone 918-827-6100; Fax 918-827-3705

Dear Track Coach,

Mounds Public Schools would like to extend to you an invitation to participate in the High School Boys and Girls, Mounds American Heritage Bank Track and Field Meet. Information for the meet is as follows:

Date: Thursday, March 23rd, 2023

Class: any

Divisions: 7th girls, 7th boys, 8th girls, 8th boys

Participation: Each event will be limited to three participants from each team. Each contestant may enter no more than four events. Spike length will be limited to $\frac{1}{4}$ "or shorter. Starting blocks will be provided. Three (3) jumps for long jump. Three (3) throws for the shot put and discus.

Time: Coaches meeting will begin at 9 am with field events starting at 9:30 am and running events at 10:00 am.

Entry Fee: \$70 per division. \$280 for 4 teams. If less than five athletes it is \$15 each athlete. Makes checks payable to Mounds Public Schools.

Hospitality: Coaches lunch will be provided

Tents: There is room to accommodate camps. Do not camp on the infield or on softball fields.

Parking: There is a parking lot adjacent to the track and nearby elementary parking lot.

Awards: Medals for 1st-3rd place in the Relays, and 1st -5th in Individual events. Team Trophy to the Champion in each division

Team Points: Scoring system: Individual events: 10-8-6-4-2-1 - Relays: 20-16-12-8-4-2

Oklahoma Secondary School Association Rules Apply

For additional information and to enter, please contact Rodney Bencoma: cell- 918-319-0057; email: rbencoma@moundsps.com

Mounds JH Track Meet Order of Events

Field Events (9:30 a.m.)

Pole Vault 7G, 8G, 7B, 8B

Discus 7G, 8G, 7B, 8B

Shot-put 7B, 8B, 7G, 8G

Long Jump 8G, 7G, 8B, 7B

High Jump 8B, 7B, 8G, 7G

Timed Finals (10:00 a.m.)

4 x 100m relay 7-8 Girls, 7-8 Boys

4 x 800m Relay 7-8 Girls, 7-8 Boys

100m Hurdles 7-8 Girls

110m Hurdles 7-8 Boys

4 x 200m relay 7-8 Girls, 7-8 Boys

800m run 7-8 Girls, 7-8 Boys

100m Dash 7-8 Girls, 7-8 Boys

Break: 30 minutes

400 meter run 7-8 Girls, 7-8 Boys

300m Hurdles 7-8 Girls, 7-8 Boys

300m Hurdles 7-8 Girls, 7-8 Boys

200m Dash 7-8 Girls, 7-8 Boys

1600m Run 7-8 Girls, 7-8 Boys

4 x 400m Relay 7-8 Girls, 7-8 Boys