

NCR CONFERENCE TRACK & FIELD MEET

This is NOT an invitation. This is an information letter to ONLY the member schools of the NCR Conference: Bethel, Harrah, Jones, Little Axe, MCloud, MSM, NRC, Tecumseh.

The Conference Track & Field Meet is scheduled for Tuesday April 4 at NRC.

It will be a 6 division meet: 7G - 7B - 8G - 8B - HSG - HSB

Medals for 1-3 in all events. No team awards.

TO MEET ENDURO'S REQUIREMENTS THIS WILL BE A SEEDED ENTRY MEET

Admission will be charged

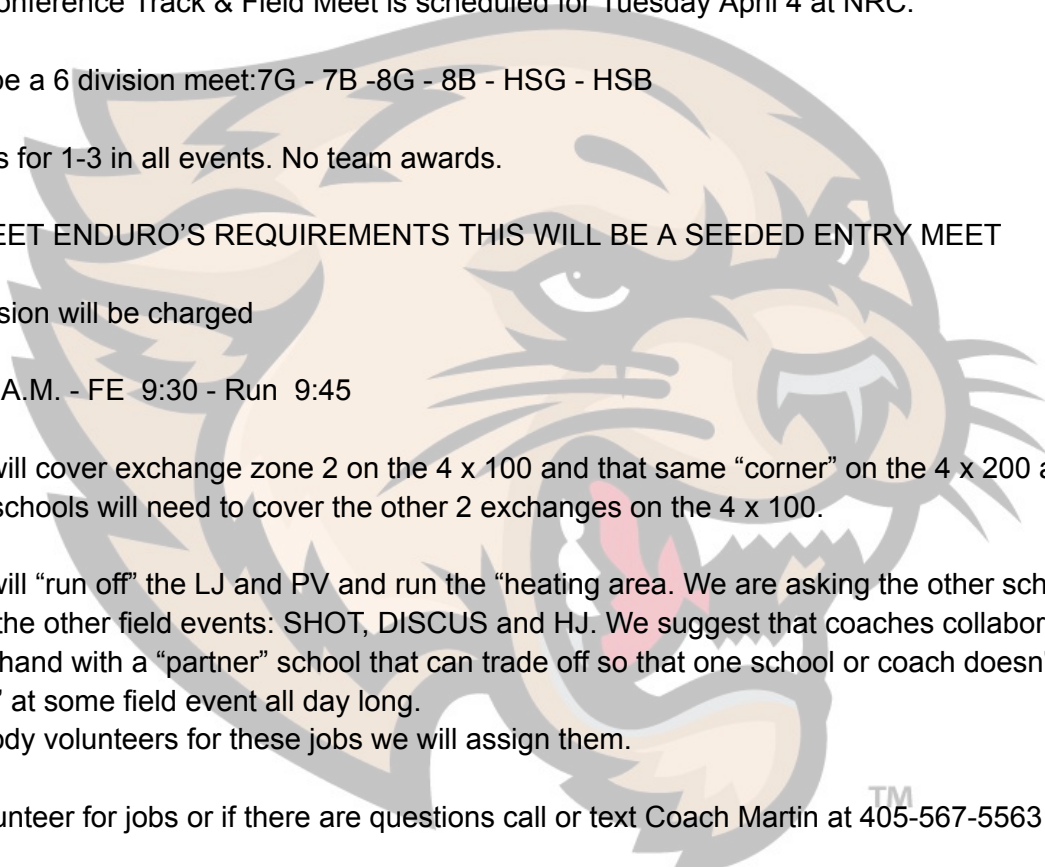
CM 9 A.M. - FE 9:30 - Run 9:45

NRC will cover exchange zone 2 on the 4 x 100 and that same "corner" on the 4 x 200 and the other schools will need to cover the other 2 exchanges on the 4 x 100.

NRC will "run off" the LJ and PV and run the "heating area. We are asking the other schools to cover the other field events: SHOT, DISCUS and HJ. We suggest that coaches collaborate beforehand with a "partner" school that can trade off so that one school or coach doesn't get "stuck" at some field event all day long.

If nobody volunteers for these jobs we will assign them.

To volunteer for jobs or if there are questions call or text Coach Martin at 405-567-5563



NCR Conference Track and Field Meet - 6 Divisions

All running events are timed finals - no prelims.

Shot Discus, LJ are 4 attempts each, no finals.

(?)ALL middle school hurdlers will run 100m hurdles at 30" (lowest setting).(?)

Typical order for running events will be 7G-7B-8G-8B-HSG-HSB unless otherwise noted.

Running events 9:45

3200m - HSG, HSB PROBABLY TOGETHER

4 x 100m

4 x 800m - May combine genders of same grade(s)

100m hurdles

110m hurdles

100m

800m (DON'T COMBINE DIVISIONS)

4X 200m

BREAK

400M

300M HURDLES

1600m - 7th gr. - PROBABLY combine B & G

1600m - 8th gr.- PROBABLY combine B & G

200m

1600m - HS - probably NOT combine B & G

4 x 400m

Field Events - 9:30

PV-7G&B - 8G&B - HSG - HSB

HJ - HSG-HSB-7G-7B-8G-8B

LJ-HSB-7G-7B-8G-8B - HSG

SHOT-7G-7B-8G-8B - HSG - HSB

DISCUS-8G-8B-HSG-HSB-7G-7B

