

## **PINNACLE CONFERENCE TRACK MEET**

**THURSDAY, APRIL 20<sup>TH</sup> at CATOOSA**

Lincoln Christian School welcomes you to the Pinnacle Conference Meet for the 2023 track and field championships. **We will seed and pre heat the meet – find details on your Enduro account.**



*(((The meet will be CLOSED at 1pm!))) 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](http://www.endurousa.com) - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com)*

**DATE:** THURSDAY, APRIL 20th. Gates open at 2:00 PM

**COACHES MEETING:** 3:00 PM in building north of the track.

**TEAM POINTS:** Awarded 1st thru 6th places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2)

**LIMITATIONS:** Each Contestant is limited to four (4) events, including relays. Each school can fill unlimited individual events. Max 2 relays per team, per division. Top 3 individuals from 1 school may score and only 1 relay will score. Field events 30 minutes from reporting time to perform.

**MEDALS:** 1<sup>st</sup> – 3<sup>rd</sup> relays, 1<sup>st</sup> – 3<sup>rd</sup> individual

**PINNACLE CUP:** Overall meet champion team trophy. (HS B/G and JH B/G combined)

**T SHIRTS:** A limited number of meet shirts will be for a sale for \$20 with above design

**OTHER CONSIDERATIONS:** Coaches food by 3:00 PM at the same location as coaches meeting. Snacks in the evening. \* No water provided for athletes. Trainer will be on site. If you have any questions, email or call Stephen Lewelling at [slewelling@lincolncristianschool.com](mailto:slewelling@lincolncristianschool.com) / cell (405) 326-7289

## **RUNNING EVENTS - 3:30 PM**

### **JH GIRLS / JH BOYS / HS GIRLS / HS BOYS (unless otherwise noted)**

#### *Rolling Schedule – PREHEATED*

- 1) 400 M Relay
  - 2) 3200 M Relay
  - 3) 100 Hurdles (30" JHG / 33" HSG)
  - 4) 110 Hurdles (33" JHB / 39" HSB)
  - 5) 3200 M Run High School Boys
  - 6) 800 M Relay
  - 7) 800 M Run
  - 8) 100 M Dash
  - 9) 3200M Run High School Girls
    - 6:00 PM Elementary 400M Run (no heating, no official times, waiver must be signed by guardian BEFORE they run) -
  - 10) 400 M Dash
  - 11) 300 M Hurdles (30" JH & HSG / 36" HSB)
  - 12) 200 M Dash
  - 13) 1600 M Run
  - 14) Throwers Relay (4x100M)
- \* At least 1 female and no one who has running events
- 15) 1600 M Relay

## **FIELD EVENTS - 3:30 PM**

- 1) High jump (boys, girls)
- 2) Long jump (girls, boys)
- 3) Shot (girls, boys)
- 4) Discus (boys, girls)
- 5) Pole vault (girls, boys)

## PINNACLE CONFERENCE MEET RECORDS (est. 2017)

### HIGH SCHOOL GIRLS

EVENT	SCHOOL	NAME	TIME/HT/DST	YEAR
4x100M Relay	Holland Hall		50.37	2017
4x200M Relay	Victory		1:46.59	2017
4x400M Relay	Lincoln		4:05.54	2017
4x800M Relay	Lincoln		9:56.4	2017

100M	Holland Hall	Carrington Jones Jackson	12.49	2017
200M	Victory	Ray Ray Carliss	26.51	2018
400M	Lincoln	Hannah Anello	1:00.07	2017
800M	Regent	Ellie Gilbreath	2:19.11	2018
1600M	Regent	Ellie Gilbreath	5:09.48	2017
3200M	Regent	Ellie Gilbreath	11:48.29	2019
100M Hurdles	Lincoln	Jaden Katsis	17.4	2022
300M Hurdles	Lincoln	Addison Brooks	45.85	2021

High Jump	Holland Hall	Olivia Hicks	5'02	2018
Pole Vault	Cascia	Abby Dennis	9'0	2018
Long Jump	Holland Hall	Olivia Hicks	17'02	2018
Discus	Holland Hall	Gabby Gregory	110'07	2019
Shot Put	Metro	Sierra Munoz	38'02	2017

### HIGH SCHOOL BOYS

EVENT	SCHOOL	NAME	TIME/HT/DST	YEAR
4x100M Relay	Lincoln / Rejoice		43.65	2017 / 2022
4x200M Relay	Holland Hall		1:30.7	2022
4x400M Relay	Metro		3:27.73	2017
4x800M Relay	Lincoln		8:08.20	2017

100M	Rejoice	Matt Nicholson	10.73	2018
200M	Holland Hall	Nick Jones	22.29	2022
400M	Metro	Horton	50.06	2017
800M	Metro	Horton	2:00.81	2017
1600M	Lincoln	Andrew Smithwick	4:24.58	2022
3200M	Lincoln	Andrew Smithwick	9:36.3	2022
110M Hurdles	Rejoice	Hunter Jennings	16.05	2021
300M Hurdles	Lincoln	Dalton Grauer	42.1	2018

High Jump	Holland Hall / Metro	Nunnelee / Grimes	5'10	2018 / 2022
Pole Vault	Metro	John Ferrell	14'0	2017
Long Jump	Lincoln	Kolbe Katsis	21'09.25	2021
Discus	Holland Hall	Owen Ostroski	174'03.5	2021
Shot Put	Metro	Nik Thomas	47'05	2018