

Pond Creek-Hunter Middle School Track Meets 2023

All of the PC-H meets are by invitation only and for Class A and 2A schools that are sanctioned by the OSSAA.

*****All team entries must be completed online: www.enduroussa.com**

Only team rosters will be needed. Races will be heated at the meet.

Wednesday April 12, 2023: 5th and 6th grade Boys and Girls Invitational.

\$70 per division. Five entries allowed per event. Individual fees are \$15 per athlete.

Thursday April 20th, 2023: 7th and 8th grade Boys and Girls only. \$80 per division. Individual fees are \$15 per athlete.

Time: 9:30 A.M. Coaches meeting

9:45 A.M. Field Events begin

10:15 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. You may enter five for the 5th and 6th meet.
Four throws will be allowed in the Shot and Discus and Four Attempts in the Long Jump, NO FINALS. Pole Vault for 7th and 8th grade. High Jump for both levels.**

Awards: Medals will be given to the top Six (6) places in each event and Relay. Champion and Runner-up plaques for Boys and Girls teams.

Team points 10-8-6-4-2-1, Double points awarded for relays

Equipment: We have an 8-lane Polyurethane Track and we use an automatic timing system. We will furnish the starting blocks. A concession stand will be in operation and a hospitality room will be provided. Participants must keep their tents outside the fence.

- **If you have any questions, please call or text Darin Jones at Pond Creek-Hunter School. (580-532-4241) or cell (580-554-0998) Please call if you are planning on attending. I will contact those schools if bad weather occurs.**

- Pond Creek-Hunter Track and Field
- 7th and 8th Invitational Track Meet
- Short spikes only: 1/8 and 1/4 Pyramids only

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• Schedule of Events:

• 9:30 A.M

• 9:45 A.M.

• 10:15 A.M.

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• 10:15 a.m.

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• 800 Meters

• 100 Meter

• -----Break-----

• 400 Meters

• 300 Meter Hurdles

• 200 Meters

• 1600 Meters

• 1600 Meter Relay

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Timed Finals

Coaches Meeting

Field Events begin

Running Events Begin

Running Events:

400 Meter Relay Girls, Boys

3200 Meter Relay Girls, Boys

100 Hurdles Girls

110 Hurdles Boys

800 Meter Relay Girls, BOys

Girls, Boys

Girls, Boys

Girls, Boys

Girls, Boys

Girls, Boys

Girls, Boys

Girls, Boys

Pond Creek-Hunter
5-6 Grade Track Meet
Order of Events

9:30 A.M Coaches Meeting

9:45 A.M. Field Events

Long Jump: Boys, Girls

High Jump: Girls, Boys

Discus: Boys, Girls

Shot: Girls, Boys

10:15 A.M. Running Events

400 Meter Relay: Girls, Boys

3200 Meter Relay: Girls, Boys

100 Meter Hurdles: Girls, Boys

800 Meter Relay: Girls, Boys

800 Run: Girls, Boys

100 Dash: Girls, Boys

-----Break-----

400 Meter Dash: Girls, Boys

200 Meter Dash: Girls, Boys

1200 Meter Run: Girls Boys

1600 Meter Relay: Girls, Boys