



## 2023 PCO 5a-6a Regional

Saturday May 6th

PC High Stadium

5300 N.W. 50th Warr Acres, Oklahoma

### Meet Info:

Coaches, **Check your Enduro Preview window for Roster Numbers and Meet Program** prior to coming. Coaches ensure that your athletes have **roster numbers before you arrive**. Check Uniforms etc per NFHS rules. **View Map** below for **Athlete Drop Off, Coaches Meeting, Camp Areas, Bus Parking, Field Event Areas** etc. We will have breakfast, coffee for the coaches meeting. Lunch will be in the PCO Boys Soccer Locker Room located underneath the stadium on N.E corner until 4pm starting at 11:30pm. Coaches must wear wristbands to re-enter the stadium.

**COACHES MEETING: 8:30am ( EAST of Track next to GYM look for YELLOW SIGNS)**

**FIELD EVENTS: 9:30am**

**RUNNING EVENTS: 9:45am**

**FOUR DIVISIONS: 5a** High School Girls, Boys- **6a** High School Girls, Boys

**SCORING:** Individual Events: 10-8-6-4-2-1; Relay Events: 20-16-12-8-4-2  
**Top 6 Score**

**AWARDS:** Team Regional Champion for each 5a-6a Boys-Girls Divisions  
Individual Regional Medals: **Top 6** Place Finishers

**FIELD EVENTS:** Implement Weigh in will be at coaches meeting

**CONCESSIONS:** Concessions will be available under the N. Stands all day.

**TEAM RESULTS:** Enduro Live Results PCO 5a-6a Regional, and Under the Stands Scan QR Codes.

**ADMISSION:** Admission is **\$7.00 per person** O.S.S.A.A Coaches passes will be accepted.

**BUS PARKING:** Located in the N.W Parking Lot behind the baseball field. **View MAP**

**TEAM DROP OFF:** Located at N.W. Corner, Gate of Stadium. **View MAP**

**TEAM CAMPS AREA:** Located around the perimeter of Track NOT in STANDS. **View MAP**

**TEAM PACKETS: 5a-6a TEAMS will receive a packet at Coaches Meeting with contents below:**

1. Team Relay CARDS-Boys and Girls
2. Team State Entry Forms- Boys and Girls **(Blue, Pink) Turn into Press Box**
3. O.S.S.A.A. Coaches Sportsmanship Message Form **(Green) Coaches Meeting**
4. Regional Order of Events **(White) QR Code**
5. Enduro PCO 5a-6a Regional LIVE results, Meet Program, Order of Events **QR Codes Form (Yellow)**
6. TEAM Trash Bag
7. Team Roster Numbers
8. Facility Map

**TEAM HEATING INFO:**

- Athletes must have Competition number for check in
- Relays must Turn in Relay Card at time of reporting

**RULES COMMITTEE**

- 5A Rules Committee: 6A Coaches 1 PCO-Miller 2. Grantham-Westmoore 3. Norman-Monnard
- 6A Rules Committee: 5A Coaches 1. El-Reno-Slaughter, 2. Elgin-Huges 3. Ardmore-Bell

**FIELD EVENT OFFICIALS: (Starting Distances. Jumps, Throws, Heights)**

(Implement weigh In Location at coaches meeting)

- |                              |   |
|------------------------------|---|
| • Long Jump: PCN- Forester   | Starting Distance Boys: _____, Girls: _____ |
| • High Jump: PCO Rocky/ Wood | Starting Height Boys: _____, Girls: _____   |
| • Pole Vault: PCW Dougherty  | Starting Height Boys: _____, Girls: _____   |
| • Shot Put: PCW Jones/Wilson | Starting Distance Boys: _____, Girls: _____ |
| • Discus: PCN Luke, Jones    | Starting Distance Boys: _____, Girls: _____ |

**EXCHANGE ZONES and JUDGE ASSIGNMENTS: (Flags and Tennis ball are at each Zone)**

**5A RELAYS EXCHANGE ZONES JUDGES: (6A School Judges)**

GRAY /ORANGE 4X100r Ex.1 Ed. SF	4X200r BLACK/ORANGE
Ex. 2 Ed. North	Ex. 1-3 Westmoore
Ex. 3 Mustang	Ex. 2-4 Leika-Thayer

**6A RELAYS EXCHANGE ZONE JUDGES: (5A School Judges)**

GRAY /ORANGE 4X100r Ex. 1 Blanchard	4X200r BLACK/ORANGE
Ex. 2 El-Reno	Ex. 1-3 Woodward
Ex. 3 Elgin	Ex. 2-4 Thayer-Leika



## **2023 REGIONAL TRACK MEET ORDER OF EVENTS**

**COACHES MEETING: 8:30a.m. (East of Track VIEW MAP for location)**

**LOOK FOR YELLOW COACHES MEETING SIGNS**

### **Approximate FIELD EVENTS START TIMES**

9:30 **(5A-6A)** Boys High Jump  
9:30 **(6A-5A)** Girls Long Jump  
9:30 **(5A-6A)** Girls Shot Put  
9:30 **(6A-5A)** Boys Discus  
9:30 **(5A-6A)** Girls Pole Vault  
11:00 **(6A-5A)** Girls High Jump  
11:00 **(6A-5A)** Boys Long Jump  
11:00 **(5A-6A)** Boys Shot Put  
11:00 **(6A-5A)** Girls Discus  
11:00 **(6A-5A)** Boys Pole Vault

### **Approximate RUNNING EVENTS START TIMES**

9:45 400 Relay - Girls, Boys (Preliminary)  
10:05 3200 Relay - Girls, Boys (Final)  
11:00 100 H. Hurdles - 33" Girls (Preliminary)  
11:15 110 H. Hurdles - 39" Boys (Preliminary)  
11:30 100 Dash - Girls, Boys (Preliminary)  
11:50 3200 Meter Run - Boys (Final)  
12:25 800 Relay - Girls, Boys (Final)  
1:05 3200 Meter Run - Girls (Final)  
1:40 200 Meter Dash - Girls, Boys (Preliminary)

### **2:15 Break for 45 minutes FINALS**

3:00 400 Meter Relay - Girls, Boys  
3:15 800 Meter Run - Girls, Boys  
3:50 100 Meter High Hurdles - Girls  
4:00 110 Meter High Hurdles - Boys  
4:10 100 Meter Dash - Girls, Boys  
4:20 400 Meter Dash - Girls, Boys  
4:55 300 Meter Low Hurdles - Girls  
5:15 300 Meter Int. Hurdles - Boys  
5:35 200 Meter Dash - Girls, Boys  
5:45 1600 Meter Run - Girls, Boys  
6:35 1600 Meter Relay - Girls, Boys

PCO Regional Facility Map:



