



Sweetwater Bulldog Invitational

Sweetwater Schools will be hosting their 3rd annual track meets, as listed below. Both meets will be sanctioned by the OSSAA. We have a new 6-lane polyurethane track, and we ask that you **do not use tape for track markings.** We will allow “B” teams but will not score them.

Monday March 27, 2023 – JH Boys and Girls (7th and 8th Only) \$80 per division. Individual fees are \$15 per athlete up to 4 participants.

Monday March 27, 2023 – 5th and 6th Boys and Girls \$80 per division. Individual fees are \$15 per athlete up to 4 participants.

Friday March 31, 2023 – High School Boys and Girls. \$100 per division. Individual fees are \$15 per athlete up to 4 participants.

Time: 9:30 a.m. Coaches meeting
9:45 a.m. Field Events begin
10:15 a.m. 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 entrants in the 5th and 6th meet.
Three throws will be allowed in the shot and discus. Three attempts in the long jump.
Pole vault for JH and HS only.
High jump for all levels.

Awards: Medals will be awarded to the top five (5) places in each event in the HS meet. Medals to the top 3 places in the JH/Elementary meet.

Team Points: 10-8-6-4-2-1, with double points awarded for relays.

Equipment: We request that only short spikes (1/4) or flat shoes be worn on this surface. Sweetwater will furnish all blocks.

A Concession stand will be in operation throughout the meet and all participants must keep their tents in the designated areas. The infield must be kept clear.

- If you have any questions, please call Doug Daffern at Sweetwater High School.
- Work phone: 580-534-2272
- Cell 806-268-1370

Please call and leave a phone number if you are planning on attending, or text Doug Daffern. We will notify those schools if bad weather forces cancellation.

Sweetwater Invitational Track Meet
Schedule of Events
March 31, 2023

	<u>FIELD EVENT</u>	<u>ORDER</u>
9:45	Shot Put	HS Boys, HS Girls
	Discus	HS Girls, HS Boys
	HJ	HS Boys, HS Girls
	PV	HS Girls, HS Boys
	LJ	HS Girls, HS Boys

	<u>FINALS</u>	<u>ORDER</u>
10:15	400 Relay	HS Girls, HS Boys
	3200 Relay	HS Girls, HS Boys
	100 Hurdles 33"	HS Girls
	110 Hurdles 39"	HS Boys
	3200 Run	HS Boys
	800 Relay	HS Girls, HS Boys
	800 Run	HS Girls, HS Boys
	100 Dash	HS Girls, HS Boys
	3200 Run	HS Girls

30 Minute Break -

400 Dash	HS Girls, HS Boys
300 Hurdles 30"	HS Girls
300 Hurdles 36"	HS Boys
200 Dash	HS Girls, HS Boys
1600 Run	HS Girls, HS Boys
1600 Relay	HS Girls, HS Boys

Individuals are limited to participating in any four events.

Sweetwater 5/6 and 7/8 Track Meet
March 27, 2023

9:45 Field Events

Shot Put	7/8 Girls, 7/8 Boys
Shot Put 2	5/6 Boys, 5/6 Girls
Discus	5/6 Girls, 7/8 Girls
Discus 2	7/8 Boys, 5/6 Boys
HJ	7/8 Boys, 7/8 Girls, 5/6 Girls, 5/6 Boys
LJ	7/8 Girls, 7/8 Boys, 5/6 Boys, 5/6 Girls
PV	7/8 Girls/ 7/8 Boys

*shot and discus – 3 throws

*long jump – 3 jumps

10:15 Running Events – Timed Finals

3200 Relay	7/8 Girls, 7/8 Boys
400 Relay	5/6 Girls, 7/8 Girls, 5/6 Boys, 7/8 Boys
100 Hurdles	5/6 Girls, 7/8 Girls, 5/6 Boys
110 Hurdles	7/8 Boys
800 Relay	5/6 Girls, 7/8 Girls, 5/6 Boys, 7/8 Boys
800 Run	5/6 Girls, 7/8 Girls, 5/6 Boys, 7/8 Boys
100 Dash	5/6 Girls, 7/8 Girls, 5/6 Boys, 7/8 Boys
400 Dash	5/6 Girls, 7/8 Girls, 5/6 Boys, 7/8 Boys
300 Hurdles	7/8 Girls, 7/8 Boys
200 Dash	5/6 Girls, 7/8 Girls, 5/6 Boys, 7/8 Boys
1600 Run	7/8 Girls, 7/8 Boys
1600 Relay	5/6 Girls, 7/8 Girls, 5/6 Boys, 7/8 Boys