

TURPIN CARDINAL TRACK

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High School, Junior High, and Grade School Track Coaches:

Turpin Schools will be hosting their annual track meets, as listed below. Both meets are sanctioned by the OSSAA. We ask that you **do not use tape for track markings**; we will furnish split tennis balls at each exchange zone and field event area. As usual, we will allow “B” teams, but will not score them unless you wish to pay a separate entry fee. In the 5-8 divisions, we will allow only one “B” team

(3 individuals) per school, except in distance races. The Junior Relays will be FINALS only. The High School Relays will follow the Regional Order of Events. FAT timing will be used.

This is an ENDURO Meet. The meet will be closed @ 5:00PM The day before the meets.

No late entries will be accepted.

School planning on attending this meet must submit their rosters on the www.enduroussa.com

Turpin Booster Club will be hosting a hospitality room, located in the south end of the concession stand for coaches and bus drivers.

Medals will be awarded to places 1-5 and in each division. Medals may be picked up after the meet in the press box. Please call if you have any questions. Points will be scored 10-8-6-4-2-1, Double for relays.

Elementary and Junior High Meets

Meet: Turpin 5-8 Relays **Date: April 17, 2023** **Divisions: Elem. (5-6), Jr. High (7-8)** Cost: \$75 per team (\$150 Boys and Girls) per division, \$300 for all 4 teams, \$15.00 per individual, if less than five members on a team. “B” teams are same prices if they are to be medaled.

Coaches Meeting: 10:30 a.m. in front of Concession Stand

Start Time: 11:00 a.m.

Senior High Meet

Meet: Turpin HS Relays **Date: April 21, 2023** **Divisions: High School (9-12)**
Cost: \$90 per High School team (\$180 Boys & Girls), \$15.00 per individual, if less than five members on a team.

Coaches Meeting: 10:30 p.m. in front of Concession Stand

Start Time: 11:00 a.m.

Turpin Junior Relays

April 17, 2023

10:30 A.M. Coaches Meeting (Heating Benches)

11:00 A.M. Field Events
 Shot and Discus - 3 throws
 Long Jump - 3 jumps

QUALIFYING DISTANCES	Shot	5-6	B-24'	G-20'
		7-8	B-32'	G-22'
	Disc	5-6	B-60'	G-40'
		7-8	B-80'	G-60'
	LJ	5-6	B-11'	G-10'
		7-8	B-13'	G-11'
	HJ	5-6	B-3'8"	G-3'4"
		7-8	B-4'4"	G-4'

Long Jump – West Pit..... 5/6 girls-5/6 boys
 Long Jump – East Pit..... 7/8 boys-7/8 girls
 High Jump – East Pit..... 5/6 boys-5/6 girls
 High Jump – West Pit 7/8 girls-7/8 boys
 Discus – South Ring 5/6 boys-5/6 girls
 Discus – North Ring..... 7/8 boys-7/8 girls
 Shot Put – South Ring 7/8 girls-7/8 boys
 Shot Put – North Ring..... 5/6 girls-5/6 boys
 Pole Vault 7/8 girls-7/8 boys

12:00 P.M. Running Events-Timed Finals

3200 Meter Relay..... 7/8 girls-7/8 boys
 100 Meter Hurdles 5/6 girls-boys---7/8 girls
 110 Meter Hurdles 7/8- boys
 400 Meter Relay..... 5/6 girls-boys---7/8 girls-boys
 800 Meter Run 7/8-girls-boys
 100 Meter Dash 5/6-girls-boys---7/8-girls-boys
 800 Meter Run 5/6-girls-boys
 800 Meter Relay..... 5/6-girls-boys---7/8-girls-boys
 400 Meter Run 5/6-girls-boys---7/8-girls-boys
 300 Meter Hurdles 7/8 girls-boys
 200 Meter Dash 5/6-girls-boys---7/8-girls-boys
 1600 Meter Run 7/8-girls-boys
 1600 Meter Relay 5/6-girls-boys---7/8-girls-boys

Turpin HS Relays

April 21, 2023

10:30 a.m. Coaches Meeting (Heating Benches)

11:00 am. **FIELD EVENTS**

Boys Pole Vault	followed by Girls Pole Vault
Boys Discus	followed by Girls Discus
Girls Shot Put	followed by Boys Shot Put
Boys High Jump	followed by Girls High Jump
Girls Long Jump	followed by Boys Long Jump

12:00 pm. **PRELIMINARIES**

400 Relay	(QUALIFY 6 TO FINALS) Girls, Boys
3200 Relay FINAL	Girls, Boys
100 H. Hurdles 33"	Girls
110 H. Hurdles 39"	Boys
100 Dash	Girls, Boys
3200 Run FINAL	Boys
800 Relay FINAL	Girls/Boys
3200 Run FINAL	Girls
200 Dash	Girls, Boys

BREAK

FINALS

400 Relay	Girls, Boys
800 Run	Girls, Boys
100 Hurdles 33"	Girls
110 Hurdles 39"	Boys
100 Dash	Girls, Boys
400 Dash	Girls, Boys
300 I. Hurdles 30"	Girls
300 I. Hurdles 36"	Boys
200 Dash	Girls, Boys
1600 Run	Girls, Boys
1600 Relay	Girls, Boys