

4x200 RELAY
 800m RUN
 100m DASH
 400M DASH
 3200M RUN 7th boys/girls together (coaches break)
 300m
 HURDLES (all 30 inches)
 200m DASH
 1600m RUN
 4x400 RELAY

FIELD
 EVENTS Start at 9:30

LONG JUMP	8B	7B	8G	7G
HIGH JUMP	8G	7G	8B	7B
SHOT	7G	8G	7B	8B
DISC	7B	8B	7G	8G

Awards: AWARDS to 1st, 2nd and 3rd in individual events and relays.

This will be a PRE-Heated event. Please fill out heat sheet and send to kdmitchell@okcps.org no later than 5pm on Thursday March 30th.

Athletes may only participate in a total of 4 events, including relays.

Teams may only have 1 relay team in each division. NO B TEAMS

Admission will be \$5 adults and \$3 students

A fully stocked Concession stand will be available.

Team camps will be outside the track or in the north bleachers, **NOT ON THE FIELD!**

TEXT KIM MITCHELL at 405-824-7474 or EMAIL HER at kdmitchell@okcps.org to verify your entry***

SCORING: 10,8,6,4,2,1 and double for relays

TIMING WILL BE AUTOMATIC

COACHES, PUT FIRST AND LAST NAME OF ATHLETE INTO THE HEAT SHEET

SCHOOL	DIVISION: (CIRCLE ONE ONLY)			
	7G	7B	8G	8B

4x100 RELAY	4x800 RELAY	100/110 HURDLES	3200 M RUN	
_____	_____	_____	_____	
_____	_____	_____	_____	
_____	_____	_____	_____	
4x200 RELAY	800M RUN	100 M DASH	400M DASH	
_____	_____	_____	_____	
_____	_____	_____	_____	
_____	_____	_____	_____	
7th GR BOYS & GIRLS				
3200 M RUN	300M HURDLES	200 M DASH	1600 M RUN	
_____	_____	_____	_____	
_____	_____	_____	_____	
_____	_____	_____	_____	

4x400 RELAY

SHOT PUT

DISC

HIGH JUMP

LONG JUMP

COACH

COACH CELL NUMBER