PO Box 410 Ramona, OK 74061 (918) 536-2705 FAX: (918) 536-7105 www.caneyvalleyschool.org



1/9/2024

Coaches:

On behalf of Caney Valley School, I would like to invite you to participate in our Junior High boys and girls track meet to be held on Tuesday, March 12th, 2024. We have just completed building a new track, long jump run, high jump run, and pole vault run. In addition we have also purchased a new high jump mat and a pole vaulting pit. The facilities are outstanding and we look forward to your attendance.

Entry Fee: \$75.00 for each boys and girls team in each grade, or \$10.00 per individual if less than

four participants.

Time: Coaches meeting at 9:30 a.m. Meet begins at 10:00 a.m.

Limitations: Each contestant is limited to four events including relays. Each school is limited to three

entrants in each event and one team per relay. Three throws will be given in the shot and

discus and three jumps in the long jump.

Divisions: 7th Boys; 7th Girls; 8th Boys; 8th Girls

Medals: Medals will be awarded to the top four places.

Team Points: Individual events will be pointed to the top six places as follows: 10-8-6-4-2-1. Relays

will be pointed to the top six places as follows: 20-16-12-8-4-2.

Equipment: 3/16 inch spikes or smaller required.

Hosp. Room: Will be provided for coaches.

We are limiting the meet to 16 schools 3A and down.

Check the website <a href="www.caneyvalleyschool.org">www.caneyvalleyschool.org</a> or call if inclement weather is possible for further information.

Thank you,

Travis Lashbrook

High School Principal/Athletic Director TLashbrook@caneyvalleyschool.org 918-536-3425 (office) www.caneyvalleyschool.org