

LUCKY 7 CONFERENCE
M.S.(6th-7th-8th) & HIGH SCHOOL(9th-12th) TRACK MEETS
MONDAY, APRIL 22, 2024- 9:00 am
COMMERCE, OKLAHOMA

THE FIELD EVENTS WILL BE RUN OFF AND FINISHED BEFORE RUNNING EVENTS BEGIN, WITH THE EXCEPTION OF THE 400 & 3200 METER RELAYS (Make sure all runners are ready from field events.)

M.S. -- EVERYONE WILL GET **3 THROWS** IN THE DISCUS & SHOT PUT AND **3 JUMPS** IN THE LONG JUMP.

H.S. -- 3 THROWS / JUMPS -- TOP 7 TO FINALS WITH 3 ADDITIONAL THROWS / JUMPS

8:45 Coaches Meeting

3 ATHLETES FROM EACH SCHOOL PER EVENT

9:00	POLE VAULT (GIRLS, BOYS)	COMMERCE
	SHOT PUT (BOYS, GIRLS)	KETCHUM / WELCH
	DISCUS (GIRLS, BOYS)	WYANDOTTE / COLCORD
	HIGH JUMP (BOYS, GIRLS)	FAIRLAND
	LONG JUMP (GIRLS, BOYS)	QUAPAW / AFTON

10:00 – 10:30 400 METER RELAY (GIRLS, BOYS) MS, HS GIRLS ----- MS, HS BOYS

10:30 – 11:00 3200 METER RELAY (GIRLS, BOYS)

11:45 (approx.) 100/110 METER HURD.(GIRLS, BOYS)

MS-30", HS-33" MS-33", HS-39"

3200 METER RUN (BOYS) H.S. Only

800 METER RELAY (GIRLS, BOYS)

800 METER RUN (GIRLS, BOYS)

100 METER DASH (GIRLS, BOYS)

3200 METER RUN (GIRLS) H.S. Only

400 METER DASH (GIRLS, BOYS)

300 METER HURDLES (GIRLS, BOYS)

MS-30", HS-30" MS-30", HS-36"

200 METER DASH (GIRLS, BOYS)

1600 METER RUN (GIRLS, BOYS)

1600 METER RELAY (GIRLS, BOYS)

HEATING BENCH- COMMERCE

TIMERS:

1ST
2ND
3RD
4TH
5TH
6TH

To be decided at meeting. Auto-timing.

APPEALS COMMITTEE -- Afton / Quapaw / Colcord

CURVE JUDGES - 1 -- WYANDOTTE / AFTON
 2 -- KETCHUM / QUAPAW / COLCORD

