

# ***MANNFORD HIGH SCHOOL***

## ***ATHLETIC DEPARTMENT***

136 Evans Avenue  
MANNFORD, OKLAHOMA 74044

(918) 865-3911 Fax (918) 865-5239 (email) [piercej@mannford.k12.ok.us](mailto:piercej@mannford.k12.ok.us)

### ***Mannford Open Track Meet (4A & below)***

*MS Meet Thursday, April 4, 2024*

**MS Girls/ Boys Track Coaches:** Kaleb Furr / Jason Landrum

On behalf of the Mannford Public School System, we extend to you and your teams a sincere invitation to participate in our boys and girls track and field meets.

**ENTRY FEE: Middle School Meet:** \$75.00 entry fee for each boys team &/or girls team per grade level or \$15 per individual if less than four participants.

**TIME: Middle School Meet:** Coaches meeting at 9:00 a.m. Field events begin after the coaches meeting and running events will begin at 9:30 a.m. This will be a timed final meet.

**Middle School Meet:** 7<sup>th</sup> girls, 7<sup>th</sup> boys, 8<sup>th</sup> girls, 8<sup>th</sup> boys

**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. Each MS participant must declare their division at the start. There will also be a girl's pole vault division.

**MEDALS:** Medals will be awarded to the top five places for individual events, 1st-3rd for relays, therefore no team plaques will be given.

**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. Mannford will furnish all starting blocks & relay markers.

**Please no tape on the running surface!**

### **HOSPITALITY**

**ROOM:** A hospitality room will be provided.

**PARKING:** All buses will park at the Four Diamonds north of our Athletic Complex  
*OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES WILL APPLY.*

**MANNFORD MIDDLE SCHOOL  
TRACK MEET  
TIMED FINALS MEET  
April 4, 2024  
9:00am**

400 Meter Relay Girls & Boys	7G	8G	7B	8B
3200 Meter Relay Girls & Boys	7G	8G	7B	8B
100 Meter Hurdles Girls	7G	8G		
110 Meter Hurdles Boys			7B	8B
800 Meter Relay Girls & Boys	7G	8G	7B	8B
800 Meter Run Girls & Boys	7G	8G	7B	8B
100 Meter Dash Girls & Boys	7G	8G	7B	8B
400 Meter Dash Girls & Boys	7G	8G	7B	8B
300 Meter Hurdles Girls & Boys	7G	8G	7B	8B
200 Meter Dash Girls & Boys	7G	8G	7B	8B
1600 Meter Run Girls & Boys	7G	8G	7B	8B
1600 Meter Relay Girls & Boys	7G	8G	7B	8B

**Field Events: (9:30 start time)**

High Jump: 7B, 8B, 7G, 8G

Long Jump: 8G, 7G, 8B, 7B

Shot Put: 8B, 7B, 8G, 7G

Discus: 7G, 8G, 7B, 8B

Pole Vault: 7G & 8G, 7B & 8B