

1st ANNUAL

McAlester Parker Intermediate Center Track Meet

Time: 10am Running Events, 9:45am for field events,

Coaches Meeting: 9:30

Divisions: 5th grade girls, 5th grade boys, 6th grade girls, 6th grade boys

Price: **50 dollars per division, 200 dollars if entering all 4**

Timing: Hand Held

Heating Bench: South End of the Track.

Teams:Limit 15 teams

Parking: 1310 N 6th Street

Implements: 6 pounds shots will be allowed

Awards: 1-3 medals

Event Limitations: 4 events, including relays, Schools will be limited to 1 relay per Division, and **2 entries per division in Shot and Discus.**

Event Order

100m hurdles 6th Grade ONLY, 6th Girls, 6th Boys

All running events will be ran 5th grade Girls then 5th Grade Boys, 6th grade Girls then 6th Grade Boys

4 by 100 Relay

Sprint Medley 100, 100, 200, 400,
400 runner will run in their lane until the cut line, then cut in

100m dash

400m dash

15 min break

600m run

200m dash

1200m run

4 by 400 Relay

FIELD EVENTS

LONG JUMP
5TH G, 5TH B , 6TH G 6TH B

MIN DISTANCE **7 FOOT 5TH G, 8 FOOT 5TH B**
8 FOOT 6TH GIRLS, 11 FOOT 6TH BOYS

HIGH JUMP
6TH B, 6TH G, 5TH G, 5TH B

SHOT (**ONLY 2 PER SCHOOL**)
5TH BOYS, 5TH GIRLS, 6TH BOYS, 6TH GIRLS

MIN DISTANCE **15 FEET GIRLS,**
25 FEET BOYS

DISCUS (**ONLY 2 PER SCHOOL**)
6TH GIRLS, 6TH BOYS, 5TH BOYS, 5TH GIRLS

MIN DISTANCE **35 FEET GIRLS**
45 FEET BOYS

FOR FURTHER INFORMATION OR QUESTIONS:

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