

# **Watonga Public Schools**

## **Watonga High School/Middle School Track and Field Meet**

**April 19, 2024**

We will follow the state association rules and regulations and the following:

- This will be an all finals meet.
- Only four (4) events may be entered by one contestant.
- Each team may enter three (3) contestants per individual event, and one team per relay. B-Teams will be allowed if you have them.
- Points will be scored 10-8-6-4-2-1 and will double for relays 20-16-12-8-4-2.
- Three (3) medals will be awarded in each event. No Team Trophies will be awarded.
- An entry fee of \$100.00 per division or \$200.00 for both girls and boys for each school team will be charged. Max of \$400.00 for all four (4) divisions. If you enter a B Team and would like them to score and medal the fee will be \$75.00 per team. Make checks payable to Watonga High School. No refunds.
- On-line Entry Deadline: **Wednesday, April 17th @ 5pm.** All entries must be completed on-line at: [www.endurousa.com](http://www.endurousa.com) - - Complete All Steps – including the VERIFICATION Step. If you do not complete ALL steps on the meet's "Entries Window" (including the VERIFICATION Step), your athletes will NOT be entered. Be sure to designate each athlete as "A", or "B" Team. We will be able to add a limited number of additional athletes BEFORE the start of the first event the day of the meet, if needed. But, we will not add an athlete if his/her TEAM was not entered in the meet (ONLINE) before the deadline, at: [www.endurousa.com](http://www.endurousa.com). --- NO EXCEPTIONS!!! If you have questions about your ENDURO USA™ account, please contact Cara Branson at: [cara@runenduro.com](mailto:cara@runenduro.com)
- ¼" or less spikes will be required in the running and jumping events. Violation of this rule may result in disqualification.
- Contestants will be heated on the field for their running event.
- Athletes will not be allowed on the field unless they are warming up or competing in an event at the time.
- Coaches meeting at 9:30 am. Field events and running events will start at 10:00 am.
- A concession stand will be open. Coaches will receive a meal ticket for lunch.

Contact Coach Coleman if you have any questions about the meet.

Phone: 580-478-2039 Email: [jcoleman@watonga.k12.ok.us](mailto:jcoleman@watonga.k12.ok.us)

## **Order of Events:**

### **Field Events: 10:00 am**

High School contestants will have four (4) attempts and middle school contestants three (3) attempts to receive a legal mark in the Shot Put, Discus, and Long Jump.

High Jump:	MSG, HSG, MSB, HSB
Long Jump:	HSB, MSB, HSG, MSG
Pole Vault:	MSG, HSG, MSB, HSB
Shot Put:	MSB, HSB, MSG, HSG
Discus:	HSG, MSG, HSB, MSB

### **Running Events: 10:00 am**

800M Relay	MSG, HSG, MSB, HSB
3200M Run	HSG, HSB

### **30 Min. Break**

3200M Relay	MSG, HSG, MSB, HSB
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### **30 Min. Break**

400M Relay	MSG, HSG, MSB, HSB
800M Dash	MSG, HSG, MSB, HSB
100M Hurdles	MSG, HSG
110M Hurdles	MSB, HSB
100M Dash	MSG, HSG, MSB, HSB
400M Dash	MSG, HSG, MSB, HSB
300M Hurdles	MSG, HSG, MSB, HSB
200M Dash	MSG, HSG, MSB, HSB
1600M Run	MSG, HSG, MSB, HSB
1600M Relay	MSG, HSG, MSB, HSB