We are excited to invite you and your team to the **Beggs Middle School Track Meet** on Tuesday, March 25th 2025. Our newly renovated **8 lane track facility** boast a **new state of the art running surface**, all **new hurdles**, **new mats** for field events, and **colored exchange zones**. This is a great opportunity for your athletes to compete and showcase their skills in a well-organized and competitive event. Spots are limited, so please reach out as soon as possible to secure your team's participation.

#### **Coaches Info**

- Coaches meeting at 9:00am(Fieldhouse)
- Field events 9:30am
- Running events 10:00am
- Hospitality BBQ at the Break

#### **Entries**

- Entries MUST be submitted via athletic.net
- Entry deadline is March 21st

#### Divisions

• There will be four (4) divisions: 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys.

#### **Entry Fees**

- \$80 for each boy's or girl's team, or \$15/individual (if less than four per team)
- Checks payable to: BEGGS
  ATHLETICS

#### Awards

 Awards given to first, second, and third places in all races and events. Plaques awarded to first place teams in each division.

#### Limitations

• Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Three (3) throws will be in the shot and discus and three (3) jumps in the long jump with the top eight (8) going to the finals. All events will be timed finals.

### **Bus Parking**

 Please park buses in the parking lot south of the stadium.

**Contact**- In case of bad weather or other updates prior to the meet, please contact Tyler Blizzard at 918-843-0427 (<a href="mailto:tblizzard@beggs.k12.ok.us">tblizzard@beggs.k12.ok.us</a>)

# Beggs Middle School Invitational Track Meet Order of Events

Field Events\* 9:30am

•	High Jump	7G - 8G - 7B -8B
•	Long Jump	8B - 7B - 8G - 7G
•	Shot	7B - 8B - 7G - 8G
•	Discus	7G - 8G - 7B -8B
•	Pole Vault	7G - 8G - 7B -8B

## Timed Finals\* 10:00am

4 x 400 relay

\*Rolling Schedule

•	4 x 100 relay	7G - 8G - 7B -8B
•	4 x 800 relay	7G - 8G - 7B -8B
•	100m hurdles	7G - 8G
•	110m hurdles	7B -8B
•	4 x 200 relay	7G - 8G - 7B -8B
•	800m run	7G - 8G - 7B -8B
•	100m dash	7G - 8G - 7B -8B
•	BREAK	BBQ FOR COACHES
•	400m dash	7G - 8G - 7B -8B
•	300m hurdles	7G - 8G - 7B -8B
•	200m dash	7G - 8G - 7B -8B
•	1600m run	7G - 8G - 7B -8B

7G - 8G - 7B -8B