

**CLAREMORE JR. HIGH OPEN
TRACK and FIELD MEET
7TH, 8TH, and 9TH GIRLS and BOYS
Tuesday, April 8th 2025**

On behalf of the Claremore School System, we extend to you and your teams an invitation to participate in our Jr. High School girls and boys track and field meet. The meet will be at our eight lane all-weather track located at the Claremore High School Complex on North Florence. **PLEASE PARK BUSES IN THE PARKING LOT AT THE FOOTBALL FIELD ON THE EAST END OF THE LOT.**

Time: Teams should report to the Claremore High School Track Complex at 9:00 a.m. for a coaches' meeting. This will be a timed finals meet with field events starting at 9:30 a.m. and running events beginning at 10:00 a.m.

Entry Fee: \$100.00 for each boys' and girls' team (ex 7th Boys \$100, 7th Girls \$100) and each B team will be \$50. \$25.00 per individual of less than four (4) members in a team.

Entry Procedure: *This is a SEEDED meet.*

ON-LINE ENTRIES: Online entries will be on

MileSplit: <https://ok.milesplit.com/meets/650210/registration>.

INSTRUCTIONS: <https://support.milesplit.com/s/article/How-do-I-enter-my-team-into-a-meet>

Deadline is Monday, April 7th at 6:00 PM.

Please email any questions to: josh@crossroadstiming.com

Divisions: There will be six (6) divisions: 7th boys, 7th girls, 8th boys, 8th girls, 9th boys, 9th girls.

Team Limitations: This will be a limited meet. The first **15** teams that contact me will be allowed in the meet. There will be no exceptions.

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. The shot and discus will consist of three (3) throws, and the long jump will consist of three (3) jumps.

Team Points: The following points will be awarded to 1st through 6th (10-8-6-4-2-1) in individual events and (20-16-12-8-4-2) in relays.

Awards: Individual medals will be given to the top 3 contestants in each event, and top three teams in the relays. Plaques will be given to the top team in each division.

Equipment: Claremore will provide all starting blocks to contestants, ¼” or shorter spikes are required.

OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

Mail to: Athletic Dept./CO Track Claremore High School 918-923-4211
Ext.3013 201 E. Stuart Roosa
Claremore, OK 74017

Teams Entered: 9th Boys _____ 8th Boys _____ 7th Boys _____
9th Girls _____ 8th Girls _____ 7th Girls _____
School _____ Coach _____

Phone _____

For more information contact: Eric Wiens ewiens@claremore.k12.ok.us

CLAREMORE JR. HIGH TRACK MEET
7TH, 8TH, 9TH, BOYS AND GIRLS
Tuesday, April 8th 2025
MEET SCHEDULE

FIELD EVENTS – 9:30 a.m.

High Jump	7B,8B,9B,7G,8G,9G
Long Jump	7G,8G,9G,7B,8B,9B
Shot Put	7G,8G,9G,7B,8B,9B
Discus	7B,8B,9B,7G,8G,9G
Pole Vault	9G,8G,7G,9B,8B,7B – All Girls

TIMED FINALS MEET – 10:00 a.m.

400 METER RELAY	7G,8G,9G,7B,8B,9B
3200 METER RELAY	7G,8G,9G,7B,8B,9B
100 METER HURDLES	7G,8G,9G
110 METER HURDLES	7B,8B,9G
800 METER REAY	7G,8G,9G,7B,8B,9B
800 METER RUN	7G,8G,9G,7B,8B,9B
100 METER DASH	7G,8G,9G,7B,8B,9B
400 METER DASH	7G,8G,9G,7B,8B,9B
300 METER HURDLES	7G,8G,9G,7B,8B,9B
200 METER DASH	7G,8G,9G,7B,8B,9B
1600 METER RUN	7G,8G,9G,7B,8B,9B
1600 METER RELAY	7G,8G,9G,7B,8B,9B