

Keys Middle School Track Meet

Monday, March 31st 2025

Divisions: 5/6 Girls, 5/6 Boys, 7/8 Girls, 7/8 Boys

Entry Fee: \$90 per Division, \$15/individual when less than 4

Awards: Medals for 1st, 2nd & 3rd in all events

General Information

- ☐ Starting Blocks will be furnished, 1/4" spikes or smaller, no tape on the track
- ☐ No Cams on the infield
- ☐ Coaches Hospitality Room will be provided
- ☐ No Pole Vault
- ☐ Coaches Meeting at 9:15 AM
- ☐ Field Events at 9:30 AM
- ☐ Running Events at 10:00 AM

Contact Information

- ☐ Kruz Lynch, Girls Track Coach klynch@kpscougars.org 918-899-8954
- ☐ Greg Barnes, Boys Track Coach gbarnes@kpscougars.org 918-316-5801
- ☐ Steven Goss, Principal/AD sgoss@kpscougars.org 918-230-3456

ATTENTION COACHES: the On-line Entry DEADLINE is: Sunday, March 30th @ 1pm. Schools planning to attend must submit their entries on the Athletic.Net website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: cara@runenduro.com.

Order of Events 3/31/2025

Coaches Meeting: 9:15 AM

Field Events: 9:30 AM

Running Events: 10:00 AM

Field Events Order

(Long Jump, Shot Put, and Discus will have 3 Jumps/Throws)

High Jump	5/6 G, 7/8G, 5/6 B, 7/8 B
Long Jump	7/8 B, 5/6 B, 7/8 G, 5/6 G
Shot Put	5/6 B, 7/8 B, 5/6 B, 7/8 G
Discus	7/8 G, 5/6 G, 5/6B, 7/8 B

Running Events Order

(All Running Events 5/6 Girls, 5/6 Boys, 7/8 Girls, 7/8 Boys)

400 Meter Relay
3200 Meter Relay
100 Meter Hurdles
110 Meter Hurdles (7/8 Boys)
800 Meter Relay
800 Meter Run
100 Meter Dash
400 Meter Dash
300 Meter Hurdles
200 Meter Dash
1600 Meter Run
1600 Meter Relay