

Bishop McGuinness Catholic High School
7th and 8th Grade Track Meet
Monday APRIL 21, 2025

Dear Coach,

January 20, 2025

Bishop McGuinness will host its annual Irish Jr. High Track Classic on Monday, April 21, 2025. There will not be any 3200m Runs in any division.

The meet will include boys and girls competing in separate divisions for 7th and 8th grade only. The cost of the meet will be \$ 75.00 per team per division. Medals will be awarded to the top 5 individuals in each of the open events, top 3 teams in each relay, and trophies will be given to the top team in each division. Each athlete is limited to 4 events, including relay participation. **Each school is limited to 3 individuals per open event and 1 relay team per race.** You may enter a "B-team" for additional team entry fee of \$50.00. NOTE: Athletes must be designated as "B-Team" on the Entries Window. Athletes may NOT switch between "A-Team" and "B-Team" at the meet. In Shot, Discus, and Long Jump each contestant will be given 3 attempts. Top 7 will advance to finals. Starting heights in HJ and PV will be determined at the coaches meeting.

*** There is a 14 Team Limit to this meet*** Priority will be given to teams that have all 4 divisions*** Please contact Scott Stevenson to reserve a spot: sstevenson@bmchs.org

There will be a coaches meeting at 9:00 AM in the field house, and all running and field events will begin promptly at 9:30 AM.

The track is a 6-lane polyurethane surface. Your athletes can wear track spikes but they cannot exceed the 1/4-inch length. Shoes of all contestants will be checked at all events

This will be a sanctioned meet by the Oklahoma Secondary Activities Association, and all rules will apply. ****OUR MEET WILL FEATURE F.A.T. (Fully Automatic Timing)****

ONLINE ENTRIES: This **invitation-only, seeded** Track Meet will be entered through Athletic.Net. Coaches, please ensure you have an account on Athletic.net and are associated with your team. Directions for signing up and connecting with your team can be found [HERE](#). All Entries are due the day before the track meet at 5:00pm . If you wish to attend, please contact the track meet directors for an Invitation sstevenson@bmchs.org . Heats and Flights will be published to <https://live.athletic.net/meet-list> on the day of the Meet. Questions about entry through Athletic.net, Contact Matt George: mgeorge@bmchs.org

**The entry deadline for this meet is Sunday April 20, 2025
by 5:00pm**

Make checks payable to: Bishop McGuinness Catholic High School, attn.:Scott Stevenson
In case of bad weather: 405 255-5723 and visit our meet's PREVIEW window immediately before departing for the meet. Questions, please contact Scott Stevenson, sstevenson@bmchs.org



BISHOP MCGUINNESS JUNIOR HIGH

Coaches Meeting 9:00 AM	First Race 9:30 AM
400 meter Relay	7th, 8th Girls / 7th, 8th Boys
3200m Relay	7th, 8th Girls / 7th, 8th Boys
100m Hurdles	7th, 8th Girls
110m Hurdles	7th, 8th Boys
800m Relay	7th, 8th Girls / 7th, 8th Boys
800m Run	7th, 8th Girls / 7th, 8th Boys
100m Dash	7th, 8th Girls / 7th, 8th Boys
400m Dash	7th, 8th Girls / 7th, 8th Boys
300m Hurdles	7th, 8th Girls
300m Hurdles	7th, 8th Boys
200m Dash	7th, 8th Girls / 7th, 8th Boys
1600m Run	7th, 8th Girls / 7th, 8th Boys
1600m Relay	7th, 8th Girls / 7th, 8th Boys

FIELD EVENTS Times are approximate; we will have a running schedule for field events.

9:30 AM	8th, 7th Boys Long Jump
	7th, 8th Girls High Jump
	7th, 8th Girls Discus
	7th, 8th Boys Shot Put
	7th, 8th Boys Pole Vault (Will jump at the same time)
1:00 PM	8th, 7th Girls Long Jump
	7th, 8th Boys High Jump
	7th, 8th Boys Discus
	7th, 8th Girls Shot Put
	7th, 8th Girls Pole Vault (Will jump at the same time)