



NCR CONFERENCE TRACK & FIELD MEET

April 1, 2025

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North Rock Creek Public School

This is NOT an invitation. This is only an information letter to member schools of the NCR Conference: Bethel, Harrah, Jones, Little Axe, McCloud, MSM, NRC & Tecumseh.

It will be a 6 Division meet for 7G - 7B, 8G - 8B - HS girls - HS boys

Medals for 1st - 3rd place in all events. No team awards.

This will be a seeded entry meet on athletic.net

Admission will be required.

Coaches Meeting @ 9:00 am, Field Event @ 9:30 am & Run @ 9:45

NRC will cover exchange zone 2 on the 4 x 100 and that same "corner" on the 4 x 200 and the other schools will need to cover the other 2 exchanges on the 4 x 100.

NRC will "run off" the LONG JUMP. We are asking the other schools to cover the other field events: SHOT, DISCUS, POLE VAULT AND HIGH JUMP. We suggest that coaches collaborate beforehand with a "partner" school that can trade off so that one school or coach doesn't get "stuck" at some field event all day long. If no one volunteers for these jobs we will need to assign them.

To volunteer for any of these jobs or if you have any questions please contact Coach Terry Martin at 405-567-5563.



NCR Conference Track and Field Meet - 6 Divisions

All running events are timed finals - No Preliminaries

Shot Discus, Long Jumps are 4 attempts each - No Finals

All middle school Hurdlers will run 100m hurdles at 30" (lowest setting)

Typical order for running events will be 7G - 7B - 8G - 8B - HSG - HSB

RUNNING EVENTS 9:45

3200m - HSG, HSB (probably together)

4 x 100m

4 x 800m (may combine genders of same grade)

100m Hurdles

110m Hurdles

100m

800m (will not combine divisions)

4 x 200m

BREAK

400M

300M Hurdles

1600m - 7th grade (probably will combine B & G)

1600m - 8th grade (probably will combine B & G)

200m

1600m - HS (probably will NOT combine B & G)

4x400m

FIELD EVENTS - 9:30

Pole Vault - 7th G & B

High Jump - HSG - HSB - 7G - 7B - 8G - 8B

Long Jump - HSB - 7G - 7B - 8G - 8B - HSG

Shot - 7G - 7B - 8G - 8B - HSG - HSB

Discus - 8G - 8B - HSG - HSB - 7G - 7B