

**Piedmont Jr. High School Annual Boys and Girls Invitational Track Meet
Saturday April 12th**

Coaches: Piedmont Schools would like to extend an invitation to your school to enter our annual track meet on Saturday April 12.

All OSSAA rules will apply.

Each school will be permitted to enter three contestants per event.

Individual medals will be awarded for the first three places in each event. Scoring will be 10-8-6-4-2-1 for individual and 20-16-12-8-4-2 for relays

Field events will begin at 9:30 AM and Running events will begin at 10:15 AM. A coaches meeting will be held at 9:00 AM at the east field house.
Entry fee of \$85 per division.

Shot and discus will be thrown from concrete slabs. Shot, discus, long jump contestants will be given 4 attempts. The first attempt of each Thrower/Jumper will be marked. All other attempts will have to meet the qualifying mark agreed upon at the Coaches meeting.

If you are interested in attending please contact:

Jon Bakewell @ 405-808-5752 or email jon.bakewell@piedmontschools.org
Kelly Beck @ 405-388-1217 or email kelly.beck@piedmontschools.org

- This meet will be seeded and pre-heated in advance; heating benches will serve as a check-in station for athletes and coaches. Athletes will report to the starting line no less than 10 minutes before they compete
- Campsites will be in designated grass areas around/outside the track facility.
- All warming up and/or cooling down must be done outside the track facility, not on the infield.
- Admission will be \$5 online and \$7 cash. Tickets can be purchased here Link: GoFan.co
- Concession stand will be available,
- Planned hospitality room for coaches.

ON-LINE ENTRIES- Coaches must submit all entries on the **Athletic.net** website: www.athletic.net — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** — **ONLINE ENTRIES DEADLINE:** (**** INSERT DAY PRIOR TO MEET HERE ***) at noon. **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your Athletic.net account, please email your questions to jhughes@elginps.net.

MEET TIMING & RESULTS- Timing for the meet is provided by **12:1 Running Timing Services.** Live results are available at www.twelve1running.com and www.athletic.net.

TRACK MEET SCHEDULE

COACHES MEETING: 9:00 AM

FIELD EVENTS: 9:30 AM

RUNNING EVENTS: 10:15 AM

RUNNING EVENTS

400 METER RELAY	7G / 8G / 7B / 8B
3200 METER RELAY	GIRLS AND BOYS (MAY RUN 7 TH G/B, 8 TH G/B)
100 METER HURDLES	7G / 8G
110 METER HURDLES	7B / 8B
800 METER RELAY	7G / 8G / 7B / 8B
800 METER RUN	7G / 8G / 7B / 8B
100 METER DASH	7G / 8G / 7B / 8B
400 METER DASH	7G / 8G / 7B / 8B
300 METER HURDLES	7G / 8G / 7B / 8B
200 METER DASH	7G / 8G / 7B / 8B
1600 METER RUN	GIRLS, BOYS
1600 METER RELAY	7G / 8G / 7B / 8B

FIELD EVENTS

SHOT PUT	GIRLS, BOYS 7G / 8G / 7B / 8B
DISCUS	BOYS, GIRLS 7B / 8B / 7G / 8G
LONG JUMP	BOYS, GIRLS 7B / 8B / 7G / 8G
HIGH JUMP	GIRLS, BOYS 7G / 8G / 7B / 8G
POLE VAULT	GIRLS, BOYS 7G / 8G / 7B / 8G
