WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET

DATE: APRIL 8, 2025 (TUESDAY) @ 9:00 a.m.

ENTRY FEE: \$95 Per Division or \$380 for all 4 divisions or \$15 per Individual (up to 4) \$60.00 for a B

Team. PLEASE RSVP IF PLANNING TO ATTEND (405) 268-2669 (COACH

BURDEN)

FACILITIES: 6 Lane Metric "All Weather" Resilite Surface

LJ, HJ, & PV approaches are Resilite Surfaces

Discus and Shot Put slabs are Concrete

AWARDS: NO TEAM SCORES

MEDALS to the Top FIVE (5) PLACES in INDIVIDUAL EVENTS & TOP THREE (3)

PLACES IN RELAYS

4 DIVISIONS: ONLY 4 PARTICIPANTS PER SCHOOL IN EACH EVENT & ONE RELAY TEAM

ONLY. NO EXCEPTIONS!!! (B Teams will be charged a \$60.00 Entry Fee)

 $6/7^{\text{TH}}$ GRADE GIRLS $6/7^{\text{TH}}$ GRADE BOYS $8/9^{\text{TH}}$ (JR. HIGH) GIRLS $8/9^{\text{TH}}$ (JR. HIGH) BOYS

PAYMENT: MAKE CHECKS PAYABLE TO: WYNNEWOOD TRACK

MAIL TO: WYNNEWOOD HIGH SCHOOL

702 EAST ROBERT S. KERR BLVD.

WYNNEWOOD, OK 73098 ATTENTION: BRAD O'STEEN

INCLEMENT WEATHER - CALL COACH BURDEN (405) 268-2669, COACH McCURLEY (405) 207-3577 or COACH O'STEEN (580) 606-7413.

GENERAL INFORMATION

- 1. Coaches Meeting at 8:30 a.m.
- 2. All heating will be done at the HEATING BENCHES. (NO ENDURO)
- 3. FIELD EVENTS begin at 9:00 a.m. TIMED FINALS begin at 9:30 a.m.
- 4. Each school is allowed FOUR (4) INDIVIDUALS or ONE RELAY per EVENT. (extra individuals will be charged)
- 5. Competitors are limited to FOUR (4) EVENTS.
- 6. STARTING BLOCKS will be furnished.
- 7. ALL CAMPS will be on the practice field. (West of the Track)
- 8. EACH TEAM IS RESPONSIBLE FOR THE CARE OF IT'S VALUABLES.
- 9. CONCESSION STAND WILL BE OPEN.
- 10. Dressing rooms are not available.
- 11. Restrooms will be open.
- 12. NON-CONTESTANTS WILL NOT BE ALLOWED INSIDE THE TRACK.
- 13. COACHES may be on the FIELD. Please do not interfere with Judges/Timers/Clerks.
- 14. FIELD EVENTS will get THREE (3) ATTEMPTS. NO FINALS.

SHORT SPIKES****SHORT SPIKES*****SHORT SPIKES****

If you have any questions, CALL COACH BURDEN (405) 268-2669, COACH McCURLEY (405) 207-3577, or COACH O'STEEN (580) 606-7413.

Nathan McCurley Bill Burden Brad O'Steen

WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD

MEET ONLY 4 PARTICIPANTS IN EACH EVENT OR ONE RELAY TEAM FROM YOUR SCHOOL.

FIELD EVENTS: 9:00 A.M. NO FINALS

EACH CONTESTANT WILL RECEIVE ONLY THREE (3) ATTEMPTS TOTAL.

SHOT 7G - 7B - JHG - JHB (3 THROWS)DISCUS JHG - JHB - 7G - 7B (3 THROWS)LONG JUMP 7B - JHB - 7G - JHG (3 JUMPS)

HIGH JUMP JHB - 7B - JHG - 7G

POLE VAULT JHG – JHB (will be done together)

RUNNING EVENTS 9:30 A.M. TIMED FINALS

400 METER RELAY 7G - 7B - JHG - JHB

3200 METER RELAY 7G - 7B - JHG - JHB

100 METER HURDLES 7G – JHG 110 METER HURDLES 7B – JHB

*ALL HURDLES RACES WILL BE AT 30"

800 METER RELAY 7G - 7B - JHG - JHB800 METER RUN 7G - 7B - JHG - JHB

100 METER DASH 7G - 7B - JHG - JHB

(possible lunch break)

400 METER DASH 7G – 7B – JHG – JHB

300 METER HURDLES 7G - 7B - JHG - JHB

200 METER DASH 7G - 7B - JHG - JHB

1600 METER RUN 7G - 7B - JHG - JHB

 $1600 \text{ METER RELAY} \qquad 7G - 7B - JHG - JHB$