35th Annual Kenny Roof Invitational Track Meet
HS Boys & Girls
Friday April 17

Open to schools 3A and below.

Space Limited-<u>There will be a Steak Dinner for coaches. Please call or text so we can prepare with enough food.</u>
Reserve by calling or texting.
Enter meet on Athletic.net Team Roster only.

We have a brand new facility and are excited to host Track meets again.

Coaches Meeting @9:45 a.m.

1.   Field events starting at 10:00 a.m.
2.   Running events start at 10:30 a.m.
3.   A school may enter 3 in each event.
4.   Association rules apply.
5.   Points will be scored as follows
        a. 10-8-6-4-2-1
        b. 20-16-12-8-4-2 Relay Points
6.   Medals
        a. 1st-5th places in Individual events
        b. 1st-3rd places in Relays
7.   No Fans will be allowed on the Turf football field. Participants and coaches ONLY!
8.   The entry Fee is $100 per team. $25 per individual if 3 or less members.
9.   Use short spikes only. Starting blocks will be provided.
10.   Meet will be timed using the FAT timing system.
11.   The Field events will be Laser measured for accuracy.
12.   Bus Parking is south of the Basketball gym
13.   No Campsites on the football field
            Campsites should be south of the visitor stadium
14.   Lunch and a hospitality room will be provided for coaches.
15.   Please make checks payable to **Thomas High School** and mail to:

            Matt Hart
            Thomas High School
            P.O. Box 190
            Thomas, Ok 73669
            Cell Phone: 580-302-0418
            School Phone: 580- 661-3522
            Email: mhart@thomas.k12.ok.us

Kenneth Roof

Order of Events

Field Events

3 throws Top 7 to Finals

Shot   B -G

Discus   G- B

Long Jump   G-B

High Jump   G-B

Pole Vault   B-G

TIMED FINALS RUNNING EVENTS

400 Meter Relay

3200 Meter Relay

100 Meter Hurdles 33" Girls

110 Meter Hurdles 39" Boys

3200 Meter Run **Boys**

800 Meter Relay

800 Meter Run

100 Meter Dash

PROPOSED BREAK

3200 Meter Run **Girls**

400 Meter Dash

300 Meter Hurdles 30" Girls 36" Boys

200 Meter Dash

1600 Meter Run

1600 Meter Relay