

# **WYNNEWOOD JUNIOR HIGH INVITATIONAL TRACK & FIELD MEET**

**INCLEMENT WEATHER – CALL COACH BURDEN (405) 268-2669 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\*\*\*\*\*SHORT SPIKES\*\*\*\*\*

## SHORT SPIKES

If you have any

## Bill Burden

## **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 – JHB
800 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 METER RELAY	7G – 7B – JHG – JHB

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