

Oakes JH Track Meet

Thursday, May 5

2:30 Coaches Meeting

3:00 Field Events

3:30 Running Events

Order of Events:

**7th grade will run first followed by 8th, with boys running first in events.

200 m. hurdles

100 m. dash

800 m. relay

1600 m. run

400 m. relay

400 m. dash

100 m. hurdles (G)

110 m. hurdles (B)

800 m. run

200 m. dash

1600 m. relay

Field Events:

- 3 attempts -- No Finals

1st events

Discus (G)

High jump (G)

Shot put (B)

Long jump (G)

Triple jump (B)

Following Conclusion of 1st

Discus (B)

High jump (B)

Shot put (G)

Long jump (B)

Triple jump (G)

To: Track Coaches and ADs

From: Robin Paul, AD and Roxane Miller, Head Coach

RE: May 5th, 2022 – Oakes JH Track Meet Information

1. There will be separate divisions for 7th & 8th grade. (7th grade will run first followed by 8th, with boys running first in events.)
2. Individuals are allowed to compete in up to 4 entries/events.
3. Heats and lane assignments will be set-up before each event.
4. Field Events: 3 attempts – NO finals.
5. No camps in the infield OR tape on the track surface. Chalk and tennis balls will be provided upon asking. Please clean up your camps before you leave.
6. A brief coaches meeting will be held prior to the start of the meet at 2:30 pm, in the shack.
7. Awards for all events. 1st-8th places will awarded ribbons.
8. PLEASE register your athletes on Athletic.net. We are going to try to use that – however, please have stickers available for your athletes if we can't get it to work. Please make sure they are legible!

**We will NOT be running a 300H – for some reason it wouldn't let us delete it off of Athletic.net.
9. We will be doing hand held timing – so please be patient with the timers! (Hopefully we get done before dark!)

ENTRY FEE: \$150. Please bring with you on May 5th or send in advance. Payable to Oakes Public School.

