

Altus Junior High

Athletic Department Ridgecrest and S. Park Lane Altus, Oklahoma 73521 (580) 481-2648

Dear Girls and Boys Track Coach:

On Tuesday, April 14, 2015 Altus Junior High School will be hosting the õAltus Junior High Invitational Track and Field Meetö. There will be four (4) Divisions: 8th Grade Boys & 8th Grade Girls, 7th Grade Boys & 7th Grade Girls We will preheat meet on Friday, April 10, 2015 after 12:00 P.M. All entries received after that time will be automatically placed in the last heats.

Please have your entry form in by April 10th. Entry form are attached to this letter.

Trophies will be awarded to the Champion and Runner-up in each Division. National Federation Rules for Track and Field will be used. Three student /athletes in one event. Medals will be given to the top three places in each division. A meal will be provided for all coaches during the break.

Please plan on attending our meet. I promise a good meet and a fun time for all!!!!!!

Entry Fee \$ 80.00 Boys \$ 80.00 Girls \$150 for Both \$10.00 for Individual

Mail to: Altus High School 400 N. Park Avenue Altus, Okla. 73521 Attn: Athletic Dept.

If you have any question, please feel free to call Robert Garrison at School, (580) 481-2173 or home (580) 481-0327: or email Brandi Manning at bmanning@altusps.com, Matt Terry at mterry@altusps.com or contact Athletic Director Jeremy Reed at (580)-481-2647 or jreed@altusps.com.

Sincerely, Robert Garrison, Matt Terry and Brandi Manning, Altus Track Coaches

School		
Will Attend	_ Will not attend	_
Boys Division	Girls Division	
Name of Head Coach		Number of Asst. Coaches



Please have your entry form in by April 10th. Entry form are attached to this letter.

Altus Junior High Invitational Track Meet - Schedule of Events Tuesday, April 14th, 2015

Coaches Meeting: 3:00 pm Field Events: 3:15 pm.

High Jump 7th Boys, 8th Boys, 7th Girls, 8th Girls Long Jump 7th Girls, 8th Girls, 7th Boys, 8th Boys

Pole Vault 7th & 8th Girls, 7th & 8th Boys (Point Separate)

Shot Put 8th Boys, 7th Boys, 8th Girls, 7th Girls Discus 8th Girls, 7th Girls, 8th Boys, 7th Boys

Finals: 3:30 pm (7G,8G,7B,8B unless otherwise noted)

400 Meter Relay 3200 Meter Relay

100 Meter Hurdles (Girls) 110 Meter Hurdles (Boys)

100 Meter Dash

800 Meter Run (Girls-Boys)

800 Meter Relay

300 Meter Hurdles (Girls-Boys)

400 Meter Dash

200 Meter Dash (Girls - Boys) 1600 Meter Run (Girls - Boys) 1600 Meter Relay (Girls . Boys)

^{**}If meet is running ahead of schedule we will run a 3200 for the 8th grade division. Boys and Girls combined, between the 800 Meter Relay and 300 Hurdles.**

Entry Form -- DUE ON THURSDAY, APRIL 10TH @ NOON

PLEASE SEND TO: <u>rgarrison@altusps.com</u>, or fax to Robert Garrison at (580) 481-2547

School Name	
Division (8 th or 7 th or both)	
Gender = Boys Girls (Che	eck and fill out different forms for different genders)
Coachøs Name and phone number	

*Be sure to mark 7th or 8th. Please send times. ** Below this form there are 2 extra forms for more athletes. Any runners not sent in, can be placed in open lanes during the coaches meeting, if lanes are open. ***Note the 1600 and 3200 meter run maybe heated at start finish line.***

Name	100	200	400	800	1600	3200	110H	300IH
							100h	300lh

Relays: 4 x 100 (time)	_ 4 x 200 (girls only)
4 x 400 (time)_By Team Points_	4 x 800 (time)

Name	100	200	400	800	1600	3200	110H	300IH
							100h	300lh

Name	100	200	400	800	1600	3200	110H	300IH
							100h	
							10011	300111