

## **COAC 9th Information 4/28**

### **Schedule**

Running Start: 4:30pm

400 Meter Relay Girls- Boys

3200 Meter Relay Girls- Boys

100 Meter Hurdles Girls

110 Meter Hurdles Boys

100 Meter Dash Girls- Boys

3200 Meter Run Girls-Boys

800 Meter Relay Girls- Boys

800 Meter Run Girls- Boys

400 Meter Dash Girls- Boys

300 Meter Hurdles 30" Girls

300 Meter Hurdles 36" Boys

200 Meter Dash Girls- Boys

1600 Meter Run Girls- Boys

1600 Meter Relay Girls- Boys

Field Events Start: 4:00pm

Shot Put: 9G, 9B

Discus: 9B, 9G

Long Jump: 9G, 9B

High Jump: 9B, 9G

Pole Vault: 9G, 9B

## **Teams Attending**

1. Memorial
2. Santa Fe
3. Ed North
4. Deer Creek
5. Yukon
6. Mustang
7. Piedmont
8. Stillwater
9. Norman
10. Norman North
11. Moore
12. Southmoore

## **Entries:**

- 4 athletes per open event per gender
- 1 relay per event per gender
- Only will medal/point 3 per school

## **Field Events:**

- Warmup for all Field events starting at 3:40pm
- Implements will be weighed in at the event.

## **Exchange Zones**

### **4x1**

1. -
2. -
3. -

### **4x2**

1. -
2. -

## **Awards:**

- Medals will be given to 1-3 place
- Team Points will be kept but there is no team trophy