

Men's OKAW Conference Track & Field Meet 2015

5/12/2015

1. OKAW Meet will be held at St. Joseph-Ogden High School beginning with field events at 4:30 p.m. Running events will begin at the conclusion of field events, approximately 5:30 p.m.
2. Entries are due no later than MONDAY MAY 11th at 3:00 p.m. Entries will be done online at:

http://www.steepleweb.com/meet_registration.php?meet_id=8339&action=meet_registration
3. Entry Limit of two per individual event and one relay per school.
4. The long jump, triple jump, discus, and shot put will be given 4 attempts with no finals.
5. No tape on the runways. Chalk will be provided.
6. Track Surface—All weather, Athletes may wear shoes with ¼ spikes or less.
7. Team Camps must be outside the fence area
8. The starter for the meet will be Don Hackler.
9. **All IHSA rules apply to this meet including the new call system: First Call and Final Call**
10. T-Shirts will be for sale for \$20 at the meet. Sizes are limited, first come, first serve.
11. Any Questions, email Jason Retz (retzj@sjo.k12.il.us) 217-649-3661 (Cell) or email Athletic Director, Dick Duval (sjofbi@sjo.k12.il.us)
12. Time schedule as follows:

4x800m: 5:30
4x100m: 5:45
3200m: 5:55
110HH: 6:15
100m: 6:30
800m: 6:40
4x200m: 6:50
400m: 7:00
300IH: 7:15
1600m: 7:30
200m: 7:45
4x400m: 8:00