

OPRF Indoor Meet Details

Friday, April 19th

Students will ride the bus from Roosevelt to OPRF.

Doors open to teams - TBD.

The meet will begin at 4:30pm.

Location: OPRF field house

Order of Events:

(7th girls, then 8th girls, then 7th boys, then 8th boys)

55m hurdles

55m dash

1600m run (mile)

4x160 relay (1 lap for each runner)(2 relays per school)***

400m dash (2.5 laps)

200m dash (1.25 laps)

800m run (5 laps)

4x400 relay (2.5 laps each runner)

***We recommend running both your 4x100 and your 4x200 in the 4x160 for handoff practice for sectionals.

High Jump: Julian runs this event, 2 adults needed, one can be a parent.

Julian also provides 2 COACHES as stagers at the starting line.

Long Jump: Brooks runs this event, 2 adults needed, one can be a parent.

Also provide ALL timers for finish line (can be parents).

Shot Put: Roosevelt runs shot put (2 coaches).

Each school must provide its own recorder at the finish line.

Long jump, shot put and high jump events take place DURING the track events. Athletes are responsible for listening to the staging calls and reporting to their events on time. If you are called to a field event at the same time as your running event, check in with adult doing that field event and then do your running event. They will let you do your field event afterwards.

OPRF has specifically asked that we ONLY use the field house and field house restrooms. No students will be allowed in any other parts of the school. Entry and exit will be via the alley side doors between the parking garage and the field house.

Important: Family spectators and student guests should watch from the stands. Only students on the team may watch from the side of the track. No students on the inside of the track unless they are competing in HJ, LJ, or shot put, or being staged for their event.