



Tishomingo High School

Home of the Indians



is proud to invite you to the

“Tishomingo High School Invitational” Track Meet

on Friday, April 6th, 2012

This meet has been approved by and sanctioned by the OSSAA.

Coaches meeting begins at 12:15.

Field events will start at 12:30.

Running events will start at 1:00.

This meet will be for High School 4A and below.
We have an all-weather track (poly-urethane track).
1/4” spike or shorter will be used.

Coaches, if you plan on attending our track meet, please be aware of the following items that our timing company requires. 1) You must notify me (head coach) that you plan to attend our meet at least THREE days prior to the meet, and 2) You must have ALL your athletes listed on TrackRoster.com at least three days prior to the meet.

There will be two (2) divisions: HS Girls and HS Boys.

- ❖ ENTRY FEE will be \$75.00 for High School teams.
- ❖ MEDALS will be given to the first five (5) places in each of the events. No Team Trophies will be given.
- ❖ There will be No Team Points Kept.
- ❖ Each school will be limited to three (3) entries in each event and one (1) relay per school.
- ❖ Individual entry fee is \$10.00 (if you do not have a team – a team consists of at least four (4) individuals.)
- ❖ An individual may not enter more than four (4) events.
- ❖ If you want to enter a JV Team or Individuals, enter them in the last heat and there will be NO charge.

IN CASE OF INCLEMENT WEATHER: CALL 1-580-371-2322 – EXT 110

Coach Houser (home) 580-371-2620 (cell) 580-371-5456

Coach Wood (home) 580-371-3403 (cell) 580-371-5164

Coach Wyatt (cell) 580-371-5497

Entry fees should be mailed to:

Boyd Houser, Athletic Director

Tishomingo High School

1300 East Main

Tishomingo, OK 73460



Tishomingo High School Invitational Track Meet

Running Events Schedule

400 Meter Relay	HS Girls, HS Boys
3200 Meter Relay	HS Girls, HS Boys
100 Meter Hurdles	HS Girls
110 Meter Hurdles	HS Boys
3200 Meter Run	HS Boys
800 Meter Relay	HS Girls
800 Meter Run	HS Girls, HS Boys
100 Meter Dash	HS Girls, HS Boys
3200 Meter Run	HS Girls
400 Meter Dash	HS Girls, HS Boys
300 Meter Hurdles	HS Girls, HS Boys
200 Meter Dash	HS Girls, HS Boys
1600 Run	HS Girls, HS Boys
1600 Relay	HS Girls, HS Boys

FIELD EVENTS SCHEDULE

Shot Put	HS Girls, HS Boys
Discus	HS Girls, HS Boys
High Jump	HS Girls, HS Boys
Long Jump	HS Boys, HS Girls
Pole Vault	HS Girls, HS Boys



Tishomingo High School

Home of the Indians



Tishomingo High School

is proud to invite you to the
“Tishomingo Junior Indian Relays”

Thursday, April 5th, 2012

This meet has been approved and sanctioned by the OSSAA.

Coaches meeting begins at 10:45.

Field events will start at 11:00.

Running events will start at 11:30.

**We have an all-weather track
(poly-urethane track).**
¼” spike or shorter will be used.

- ❖ There will be six (6) divisions:
 - 6th grade girls – 7th grade girls – 8th grade girls
 - 6th grade boys – 7th grade boys – 8th grade boys
- ❖ AGE LIMIT – You may enter the student in the grade he or she is in school, if he or she has not failed more than one year. If they have failed more than one year, enter the grade they should be in.
- ❖ ENTRY FEE - \$50.00 per team.
- ❖ MEDALS will be given to the first five (5) places in each of the events. No Team Trophies will be given.
- ❖ There will be No Team Points Kept.
- ❖ Each school will be limited to three (3) entries in each event and one (1) relay per school.
- ❖ Individual entry fee is \$10.00 (if you do not have a team – a team consists of at least four (4) individuals.)
- ❖ An individual may not enter more than four (4) events.

IN CASE OF INCLEMENT WEATHER: CALL 1-580-371-2322 – EXT 110

Coach Houser (home) – 580-371-2620 (cell) 580-371-5456

Coach Wood (home) – 580-371-3403 (cell) 580-371-5164

Entry fees should be mailed to:

Boyd Houser, Athletic Director
Tishomingo High School
1300 East Main
Tishomingo, OK 73460



Tishomingo Junior High Invitational Track Meet

Running Events Schedule

400 Meter Relay	6 th , 7 th , 8 th Grade Girls 6 th , 7 th , 8 th Grade Boys
3200 Meter Relay	6 th , 7 th , 8 th Grade Girls 6 th , 7 th , 8 th Grade Boys
100 Meter Hurdles	6 th , 7 th , 8 th Grade Girls
110 Meter Hurdles	6 th , 7 th , 8 th Grade Boys
800 Meter Relay	6 th , 7 th , 8 th Grade Girls
800 Meter Run	6 th , 7 th , 8 th Grade Girls 6 th , 7 th , 8 th Grade Boys
100 Meter Dash	6 th , 7 th , 8 th Grade Girls 6 th , 7 th , 8 th Grade Boys
400 Meter Dash	6 th , 7 th , 8 th Grade Girls 6 th , 7 th , 8 th Grade Boys
300 Meter Hurdles	7 th , 8 th Grade Girls 7 th , 8 th Grade Boys
200 Meter Dash	6 th , 7 th , 8 th Grade Girls 6 th , 7 th , 8 th Grade Boys
1600 Run	6 th , 7 th , 8 th Grade Girl 6 th , 7 th , 8 th Grade Boys
1600 Relay	6 th , 7 th , 8 th Grade Girls 6 th , 7 th , 8 th Grade Boys

FIELD EVENTS SCHEDULE

Shot Put	7 th Boy, 6 th Girls, 8 th Girls 7 th Girls, 6 th Boys, 8 th Boys
Discus	7 th Girls, 6 th Boys, 8 th Boys 7 th Boy, 6 th Girls, 8 th Girls
High Jump	8 th Girls, 7 th Boys, 6 th Girls 8 th Boys, 7 th Girls, 6 th Boys
Long Jump	8 th Boys, 7 th Girls, 6 th Boys 8 th Girls, 7 th Boys, 6 th Girls
Pole Vault	7 th Girls, 8 th Girls 8 th Boys, 7 th Boys