

OKEMAH 1ST ANNUAL 5TH - 6TH TRACK MEET

107 W. DATE STREET, OKEMAH, OK 74859, PHONE 918-623-1874, FAX 918-623-9151

Dear Track Coach:

We are pleased to announce our Okemah 1st Annual 5th - 6th Track Meet. Our brand new eight lane track has a top of the line polyurethane surface. Consider this our sincere invitation to you and your team to attend our meet. This meet will be run as timed finals.

The details of the Okemah 1st Annual 5th - 6th Track Meet are as follows:

Date: Friday April 17th, 2015

Division: There will be 4 divisions: 5th girls, 5th boys, 6th girls, and 6th boys

Participation: Each event will be limited to three participants from each team. Each contestant may enter no more than four events. Spike length should be ¼" or shorter. Starting blocks will be provided.

Time: Coaches meeting will be held at 9:00 A.M. with field events starting promptly at 9:30 A.M. and running events at 9:45 A.M.

Entry Fee: The entry fee is \$50 per team. If four or less athletes, the entry fee is \$15.00 per contestant. Checks payable to Okemah High School.

Hospitality: Coaches' lunch will be provided.

Tents: All camps will be located north of the track on the outside of the fence.

Parking: Buses: South of softball facility. Fans: South of the Panther Dome.

Scoring: No team points.

Awards: A custom medal for the first three places in the relays and a custom medal for the top five finishers in each of the individual events.

OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

For additional information call: Joe Turner-918-623-6623 or Stephanie Kennedy-580-716-8713

ORDER OF EVENTS

TIMED FINALS – 9:45 A.M.

400 METER RELAY	5G, 5B, 6G, 6B
3200 METER RELAY	5G, 5B, 6G, 6B
100 METER HURDLES (30")	6G, 6B
800 METER RELAY	5G, 5B, 6G, 6B
800 METER RUN	5G, 5B, 6G, 6B
100 METER DASH	5G, 5B, 6G, 6B

PROPOSED BREAK-30 MINUTES

400 METER RUN	5G, 5B, 6G, 6B
200 METER DASH	5G, 5B, 6G, 6B
1600 METER RUN	5G, 5B, 6G, 6B
1600 METER RELAY	5G, 5B, 6G, 6B

FIELD EVENTS - 9:30 A.M.

SHOT	6G-5G-6B-5B
HIGH JUMP	5B-6B-5G-6G
LONG JUMP	5G-6G-5B-6B