

# Tishomingo High School

## Home of the Indians



### Tishomingo High School Invitational Track Meet

on Friday, April 3<sup>rd</sup>, 2015

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

Athletes **MUST** be entered on [trackroster.com](http://trackroster.com)

Coaches meeting begins at 9:30 am

Field events will start at 10:00 am

Running events will start at 10:30 am

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.

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.
- ❖ Championship Trophy will be given
- ❖ Each school will be limited to three (3) entries in each event and one (1) relay per school.
- ❖ Individual entry fee is \$15.00 (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 (cell) 580-371-5456

Coach Wood (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 Run	HS Boys
800 Meter Relay	HS Girls, HS Boys
800 Meter Run	HS Girls, HS Boys
100 Meter Dash	HS Boys, HS Girls
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 Meter Run	HS Girls, HS Boys
1600 Meter Relay	HS Girls, HS Boys



## **Field Events Schedule**

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