

# Okemah Annual High School 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 Annual High School 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 Annual High School Track Meet are as follows:

Date: Friday, April 1<sup>st</sup>, 2016

Class: 4A schools and below

Division: Two-Varsity Boys and Girls

On-line Entries: "Team Roster Entries" must be done at [enduroentries.com](http://enduroentries.com).

**On-line Entry Deadline: The Day Before the Meet @ 5pm.** All entries must be completed on-line at: **[www.enduroentries.com](http://www.enduroentries.com)** (Complete **All 5 Steps**.) We should be able to add a limited number of additional athletes BEFORE the start of the first event on the day of the meet, if needed (but not guaranteed). **HOWEVER, we will not add an athlete if his/her TEAM was not entered in the meet on-line (enduroentries.com) BEFORE the deadline.** NO EXCEPTIONS!!!

- - - So, please enter your TEAM (athletes) before the deadline. If you have questions regarding your ENDURO Entries account, please contact Kevin McWatters at: [kevin@enduroussa.com](mailto:kevin@enduroussa.com)

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 \$80.00 per team. If four or less athletes, then 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.

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 G-B

3200 Meter Relay G-B

100 Meter Hurdles (33”) G

110 Meter Hurdles (39”) B

3200 Meter Run B

800 Meter Relay G-B

800 Meter Run G-B

100 Meter Dash G-B

Proposed Break-30 minutes

3200 Meter Run G

400 Meter Run G-B

300 Meter Hurdles (30”) G

300 Meter Hurdles (36”) B

200 Meter Dash G-B

1600 Meter Run G-B

1600 Meter Relay G-B

Field Events - 9:30 a.m.

Shot G-B

Discus B-G

High Jump G-B

Long Jump B-G

Pole Vault B-G