

OKEMAH 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 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 Annual 5th- 6th Track Meet are as follows:

Date: Friday April 8th, 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 \$10.00 per contestant. Checks payable to Okemah High School.

Hospitality: Coaches' lunch will be provided.

Tents: All camps will be located south 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

POLE VAULT 6B-5B-6G=5G