

Oologah Middle School

Track Invitational

DATE: Thursday, March 31st 2016

TIME: COACHES MEETING 2:30 P.M.

FIELD EVENTS 3:00 P.M.

RUNNING EVENTS 3:00 P.M.

COST: \$70.00/TEAM OR \$225.00 FOR ALL FOUR
\$10.00/INDIVIDUAL

DIVISIONS: THERE WILL BE FOUR DIVISIONS.

8thBOYS, 8th GIRLS, 7TH BOYS AND 7TH GIRLS

PARTICIPATION: EACH SCHOOL IS LIMITED TO THREE PARTICIPANTS PER EVENT.

PARTICIPANTS MAY ENTER NO MORE THAN FOUR EVENTS. STARTING BLOCKS
WILL BE PROVIDED AND SPIKES SHOULD BE ¼" OR SHORTER.

OSSAA RULES APPLY.

SEND ENTRY FEES TO: OOLOGAH-TALALA ATHLETICS

OOLOGAH HIGH SCHOOL

ATTN: BRANDON CRAIG, ATHLETIC DIRECTOR

10700 S. HWY 169

OOLOGAH, OK 74053

AWARDS: MEDALS TO THE TOP 3 PERFORMERS IN EACH EVENT.

PLAQUE TO TOP TEAM IN EACH DIVISION

LOCATION: OOLOGAH HIGH SCHOOL (MUSTANG STADIUM)

10700 S. HWY 169, OOLOGAH, OK 74053

MEET DIRECTOR: BRANDON CRAIG, ATHLETIC DIRECTOR

PHONE: 918-443-6174

EMAIL: brandon.craig@oologah.k12.ok.us

LIMIT 12 TEAMS

*Restrooms and Concessions will be available.

*There will be a Coaches Hospitality Room.

MS ORDER OF EVENTS

Field Events

3:00 p.m.

High Jump	7G-8G-7B-8B
Long Jump	7B-8B-7G-8G
Shot	8G-7G-8B-7B
Discus	8B-7B-8G-7G
Pole Vault	8B -8G-7B-7G

Timed Finals

3:30 p.m.

400 Relay	7G-8G -7B-8B
3200 Relay	7G-8G-7B-8B
100 Hurdles	7G-8G 30"
110 Hurdles	7B-8B 33"
800 Run	7G-8G-7B-8B
800 Relay	7G-8G-7B-8B
100 Dash	7G-8G-7B-8B

Break

20 MINUTES IF NEEDED

400 Dash	7G-8G-7B-8B
300 Hurdles	7G-8G-7B-8B
200 Dash	7G-8G-7B-8B
1600 Run	7G-8G-7B-8B
1600 Relay	7G-8G-7B-8B

PLEASE CLEAN UP YOUR CAMP AREA