

Tishomingo High School

Home of the Indians



Tishomingo High School Invitational Track Meet

on Friday, April 1st, 2016

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

Athletes MUST be entered on trackroster.com and entered into our meet!!!

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).
¼" 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



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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