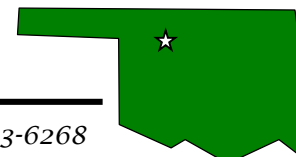




Inola Middle School



P.O. Box 819 803 East Commercial Inola, OK 74036-0819 FAX 918-543-6268

Jeff Unrau- Middle School Principal

Patick Mullen- Assistant Principal

Kim Mizera
Secretary
543-2434

Amanda Bullard
Secretary
543-3105

Rebecca Cutsinger
Counselor
543-3103

Inola Middle School Invitational Track Meet

Tuesday, April 11, 2017

Time: Coaches meeting - 9 am; Field events - 9:30 am; Running events - 10 am
Divisions: 7th Girls, 7th Boys, 8th Girls, 8th Boys (Timed Finals – “Roster Only” entries)

ON-LINE ENTRIES: Entries are to be complete online at: www.endurousa.com If you do not already have an account, you will need to visit the NEW "ENDURO" website (www.endurousa.com). After you set up your new account, you must **UPGRADE** your account to "**Coach of Record (school meets)**". The blue button to upgrade is in the upper-right corner of the Home Page. After you upgrade to "**Coach of Record (school meets)**", click on "**My Roster List**" to find your roster and add students. You must add our meet to your on-line schedule and complete the necessary steps to enter your athletes.

Entry deadline: the day before the meet at 5PM. Teams will NOT be added at the meet. (NO EXCEPTIONS)

Medals: **1st through 5th place on individual events.**
Relays – 1st through 3rd place. (No team trophies but points will be kept.)

Entry Fee: **\$80.00 per Team / \$15.00 per Individual (1-3 athletes)**
Please mail entry prior to the meet OR BRING THE DAY OF THE MEET.
No refunds.
Please make checks payable to:
Inola Public Schools
P.O. Box 819
Inola, OK 74036
Attention: Coach Andrews

Limitations: Each school is limited to one (1) relay team per event.
Each school is limited to three (3) competitors per event.
Each contestant is limited to four (4) events, including relays & field events.
Starting blocks will be provided for all contestants.
¼" spikes or shorter are required.
NO team camps on the infield please.
PLEASE....DO NOT USE TAPE ON THE TRACK.

Lunch Break: Lunch will be provided for coaches & workers.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY
Coach Kanella Andrews – 918-636-2444
Coach Doug Evans – 918-269-8025

Inola Public School is an Equal Opportunity Employer

Inola Middle School Invitational Track Meet



Order of Events

Running Events - Begin at 10 am

1. 100 M Hurdles 7G, 8G

2. 110 M Hurdles 7B, 8B

3. 3200 M Relay

4. 400 M Relay

5. 800 M Run

6. 800 M Relay

7. 100 M Dash

******BREAK******

8. 300 M Hurdles

9. 400 M Dash

10. 1600 M Run

11. 200 M Dash

12. 1600 M Relay

Field Events - Begin at 9:30 am

High Jump: 7B, 8B, 7G, 8G

Long Jump: 7G, 8G, 7B, 8B

Shot Put 8B, 8G, 7B, 7G

Discus: 7G, 7B, 8G, 8B

Pole Vault: 8G, 7G, 8B, 7B

Just a reminder: We will follow OSSAA rules. Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay.