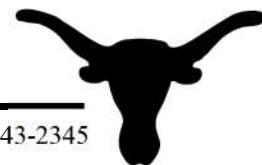




Inola High School



P.O. Box 789

801 E. Commercial Inola, OK 74036 PHONE 918-543-2404 FAX 918-543-2345

Paul Gruenberg, High School Principal

Heather Ellis, High School Assistant Principal {918-543-3116}

Sharla Harris
High School Counselor
918-543-3128

Denise Jones
High School Secretary
918-543-3132

Kristie Turner
High School Secretary
918-543-1552

Inola High School Invitational Track Meet

Class 4A and Below - Thursday, April 13, 2017

Time: Coaches meeting - 9 am; Field events - 9:30 am; Running events - 10 am

Divisions: High School Girls, High School Boys (All 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 (No team trophies but points will be kept.)
Relays 1st thru 3rd place.

Entry Fee:

\$100.00 per Team / \$20.00 per Individual (1-3 athletes)

Please mail entry fee 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 HS Invitational Track Meet



Order of Events

Running Events ó Begin at 10 am

1. 100 M Hurdles G
2. 110 M Hurdles B
3. 3200 M Relay G-B
4. 400 M Relay G-B
5. 3200 M Run G-B
6. 800 M Relay G-B
7. 800 M Run G-B
8. 100 M Dash G-B
- ****BREAK****
9. 300 M Hurdles G-B
10. 400 M Dash G-B
11. 200 M Dash G-B
12. 1600 M Run G-B
13. 1600 M Relay G-B

Field Events – Begin at 9:30 am

High Jump: B-G

Long Jump: G-B

Shot Put: B-G

Discus: G-B

Pole Vault: G-B

Just a reminder: OSSAA rules apply. 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.