

OKEMAH 3RD ANNUAL HIGH SCHOOL TRACK MEET

Dear Track Coach:

We are pleased to announce our Okemah 3rd Annual High School Track Meet. Our brand new eight lane track has a top of the line polyurethane surface and it will provide an opportunity to produce excellent performances by your team members. 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 3rd Annual High School Track Meet are as follows:

Date: Friday, March 31st, 2017

Class: 4A schools and below

Division: Two-Varsity Boys and Girls

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 \$90.00 per team. If four or less athletes, then the entry fee is \$15.00 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 Panther Dome.

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(c) School: 918-623-1874 Ext. 101 or Leon Hurst 918-268-4032

On-line Entries: Entries are to be complete online at: www.endurosa.com If you do not already have an account, you will need to visit the new "ENDURO" website (www.endurosa.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.

Entry deadline: the day before the meet at 5PM. - - - Teams will NOT be added at the meet.

Summary ---- (1) Setup your new "endurosa" account - - - **UPGRADE** [to add your school and desired roster(s)]; (2) After you upgrade, click on "My Roster List" (left side of Home Page) to find your rosters and add students; (3) Add the meet to your schedule (Main Roster window) and enter your students.

ORDER OF EVENTS

TIMED FINALS - 9:45 A.M.

400 METER RELAY G-B

3200 METER RELAY G-B

100 METER HURDLES (33") G

110 METER HURDLES (39") B

3200 METER RUN B

800 METER RELAY G-B

800 METER RUN G-B

100 METER DASH G-B

PROPOSED BREAK-30 MINUTES

3200 METER RUN G

400 METER RUN G-B

300 METER HURDLES (30") G

300 METER HURDLES (36") B

200 METER DASH G-B

1600 METER RUN G-B

1600 METER RELAY G-B

FIELD EVENTS - 9:30 A.M.

SHOT G-B

DISCUS B-G

HIGH JUMP G-B

LONG JUMP B-G

POLE VAULT B-G