

## Oologah HS/MS Track Invitational

**DATE:** SATURDAY, APRIL 1st 2016  
**TIME:** COACHES MEETING 9:00AM  
FIELD EVENTS 9:30AM  
RUNNING EVENTS 10:00AM  
**COST:** \$80.00/TEAM \$480 FOR ALL SIX DIVISIONS  
\$15.00/INDIVIDUAL

**DIVISIONS:** THERE WILL BE SIX DIVISIONS.

HS BOYS, HS GIRLS, 8<sup>th</sup>BOYS, 8<sup>th</sup> GIRLS, 7<sup>th</sup> BOYS AND 7<sup>th</sup> 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**

### **LIMIT 15 TEAMS**

**AWARDS:** MEDALS TO THE TOP 3 PERFORMERS IN EACH EVENT.  
PLAQUES TO THE TOP 2 TEAMS 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](mailto:brandon.craig@oologah.k12.ok.us)

\*Restrooms and Concessions will be available.

\*There will be a Coaches Hospitality Room.

**PLEASE EMAIL OR CALL BY MARCH 1<sup>ST</sup> TO LET ME KNOW IF YOU WILL BE  
ATTENDING.**

## **ORDER OF EVENTS**

### **Field Events**

9:30 a.m.

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

### **Timed Finals**

10:00 a.m.

400 Relay	7G-8G-HSG-7B-8B-HSB
3200 Relay	7G-8G-HSG-7B-8B-HSB
100 Hurdles	7G-8G 30"
100 Hurdles	HSG 33"
110 Hurdles	7B-8B 33"
110 Hurdles	HSB 39"
3200 Run	HSB
800 Run	7G-8G-HSG-7B-8B-HSB
800 Relay	7G-8G-HSG-7B-8B-HSB
100 Dash	7G-8G-HSG-7B-8B-HSB

### **Break**

**20 MINUTES IF NEEDED**

3200 Run	HSG
400 Dash	7G-8G-HSG-7B-8B-HSB
300 Hurdles	7G-8G-HSG-7B-8B-HSB
200 Dash	7G-8G-HSG-7B-8B-HSB
1600 Run	7G-8G-HSG-7B-8B-HSB
1600 Relay	7G-8G-HSG-7B-8B-HSB

***THANKS FOR YOUR PARTICIPATION AND  
PLEASE CLEAN UP YOUR CAMP AREA.***