



**GIRLS & BOYS  
HIGH SCHOOL  
TRACK  
CONFERENCE  
CHAMPIONSHIPS**

**Thursday, April 26, 2018  
Union Cross Country/Track Complex  
Union High School  
6636 S. Mingo Road  
Tulsa, Oklahoma 74133-3247**



## UNION ATHLETICS

6836 S. Mingo Road  
Tulsa, OK 74133  
918-357-7410  
[www.unionps.org](http://www.unionps.org)

## STATE CHAMPIONSHIPS

### Baseball

1979 • 1989 • 1990 • 2005 • 2006 • 2010

### Girls Basketball

2008

### Boys Basketball

2004 • 2012 • 2014

### Girls Cross Country

1976 • 1977 • 1978 • 1979 • 1980  
• 1981 • 2005

### Boys Cross Country

2007 • 2008 • 2010

### Football

1963 • 2002 • 2004 • 2005  
2008 • 2009 • 2010 • 2011 • 2016

### Girls Golf

2011 • 2012 • 2013 • 2014 • 2015

### Girls Soccer

2007 • 2008 • 2015 • 2016 • 2017

### Boys Soccer

1995 • 1998 • 2005 • 2007

### Fast-Pitch Softball

1976 • 1992 • 1999 • 2011

### Slow-Pitch Softball

2010 • 2013

### Girls Track

2003 • 2005 • 2006 • 2007 • 2010

### Boys Track

2008 • 2009 • 2017

### Boys Tennis

2005 • 2006 • 2007 • 2008

### Boys Swimming

2012

### Wrestling

1982 • 2009

Dual State 2007 • 2012

### Cheerleading

1990 • 2007 • 2011 • 2013

### Highsteppers

1980-2008

2012 • 2013 • 2014 • 2015 • 2016

### Pom

2002 • 2004 • 2005 • 2006 • 2007  
2008 • 2009 • 2010 • 2011 • 2012

Athletic Director and Coach,

On behalf of Union Public Schools, the Union Athletic Department and the Frontier Valley Conference, we want to welcome you and your teams to the Union Cross Country & Track Complex for Thursday's Conference Championships.

Included in this packet is information that will assist you with your visit. You will find general meet guidelines, working station assignments, order of events, and map of the parking location for your team buses, as well as other helpful information.

Please share this information with your team, parents, and fans. It is our hope to make your visit here to Union as seamless as possible.

If you have additional questions or need additional information, please do not hesitate to contact our office at 918-357-7410.

We look forward to having you as our guest.

Sincerely,

Emily Barkley  
Athletic Director  
Union Public Schools

*Athletic Director– Emily Barkley, Associate Athletic Directors– Steve Dunlap, Kirk Fridrich*



WHAT: Frontier Valley Conference Championship Meet  
WHERE: Union High School  
WHEN: Thursday, April 26, 2018  
TIME: All teams report to the track for Coaches Meeting 3:30  
Field Events and Running Events start at 4:00

You may enter only 3 people per event- 1 relay per school

- All schools must submit their entries on TRACKROSTER by completing steps 1-5 for “roster entry meet” ..... not seeded
- Cutoff date is Wednesday, April 25<sup>th</sup> by 5:00 P.M.
- Team Points: Relays 20-16-12-8-4-2 Individual Events: 10-8-6-4-2-1
- Heating: All athletes will check in at the heating benches before their race
- This will be a rolling schedule and food will be provided during the meet
- Contacts: Steve Patterson [patterson.steven@unionps.org](mailto:patterson.steven@unionps.org) or Aaron Parsons [parsons.aaron@unionps.org](mailto:parsons.aaron@unionps.org) or Jana Patterson [patterson.jana@unionps.org](mailto:patterson.jana@unionps.org)
- All OSSAA rules apply

## WORKING STATION ASSIGNMENTS

Owasso-Pole Vault

Broken Arrow- Long Jump

Jenks- Shot

Muskogee- High Jump

Bishop Kelley- Exchange Zones

Sand Springs- High Jump

Sapulpa- Discus

Bixby- Exchange Zones

Bartlesville- Long Jump

Union- Exchange Zones

**ORDER OF EVENTS**

**4:00 FIELD EVENTS**

High Jump:	Boys, Girls
Pole Vault:	Girls, Boys
Long Jump:	Girls, Boys
Discus:	Girls, Boys
Shot:	Boys, Girls

**4:00 RUNNING EVENTS: TIME FINALS IN ALL EVENTS**

3200 Relay:	Girls, Boys
400m Relay:	Girls, Boys
100m Hurdles:	Girls
110m Hurdles:	Boys
100m Dash:	Girls, Boys
800m Relay:	Girls, Boys
3200 M Run:	Girls, Boys
800 M Run:	Girls, Boys
400m Dash:	Girls, Boys
300m Hurdles:	Girls, Boys
200m Dash:	Girls, Boys
1600 M Run:	Girls, Boys
1600 M Relay:	Girls, Boys

## **UNION CROSS COUNTRY/TRACK COMPLEX GENERAL INFORMATION**

### **COMPLEX POLICIES**

- No signs, banners, or flags attached to the fences or bleachers.
- Union Public Schools is a Tobacco Free Facility.
- No outside food or drink allowed.
- No re-admission for students. Ticket stub and/or stamp can be used for re-admission for adults.
- No animals or pets of any kind allowed with the exception of service animals.

### **HANDICAPPED GUESTS**

- Ramps are located on the bleachers and a ramp from inside the facility is available to access the shot/discus areas.

### **CONCESSIONS / RESTROOMS**

- Concessions and restrooms are available and are located at the front entrance of the complex.

### **CODE OF CONDUCT**

- Make sportsmanship a priority for students, parents, fans, coaches, and athletes.
- Security and Administration are available for those who cannot display good sportsmanship.

### **MEDICAL**

- AED Units are located in the High School and also on field with Union's certified athletic trainers.
- Union will have certified athletic trainers available for all teams.
- In the event of an emergency, call 911.

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## **Contact Information**

### **Athletic Department**

Emily Barkley  
Director of Athletics  
918-357-7410

Steve Dunlap  
Associate Director of Athletics  
[dunlap.steve@unionps.org](mailto:dunlap.steve@unionps.org)

Kirk Fridrich  
Associate Director of Athletics  
[fridrich.kirk@unionps.org](mailto:fridrich.kirk@unionps.org)

### **Coaching Staff**

Steve Patterson  
Head Coach – Union XC/Track  
[patterson.steven@unionps.org](mailto:patterson.steven@unionps.org)

Aaron Parsons  
XC/Track Assistant Coach  
[parsons.aaron@unionps.org](mailto:parsons.aaron@unionps.org)

Jana Patterson  
XC/Track Assistant Coach  
[patterson.jana@unionps.org](mailto:patterson.jana@unionps.org)

### **Athletic Trainer**

Dan Newman MS, LAT, ATC  
Head Athletic Trainer  
[newman.dan@unionps.org](mailto:newman.dan@unionps.org)  
918-852-2066