

OKEMAH 4TH ANNUAL HIGH SCHOOL TRACK MEET

Dear Track Coach:

We are pleased to announce our Okemah 4th Annual High School Track Meet. Our 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 4th Annual High School Track Meet are as follows:

Date: Friday, April 6th, 2018

Class: 4A schools and below

Division: Two - - - Varsity Boys and Girls

ON-line Entries: To attend, you must enter your team (students) on-line at: www.endurousa.com

- - - **ENTRY DEADLINE: Thursday – April 5th - - - 5pm**

Teams (students) must be entered on-line before the deadline through your **ENDURO USA** account.

Teams will not be added at the meet. Be sure to complete the entry process within your ENDURO USA account by selecting our meet (on your “Main Roster” window) ---- then COMPLETE the entry process on the “**Entries Window**”. If you need assistance with your account, contact Kevin McWatters at the following email address: kevin@runenduro.com ----- or message him through the ENDURO website.

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. 216 or
Leon Hurst 918-268-4032

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

SHOT G-B

DISCUS B-G

HIGH JUMP G-B

LONG JUMP B-G

POLE VAULT B-G

FIELD EVENTS - 9:30 A.M.