

North Canadian River
Invitational JH Track Meet
Okemah High School
April 24TH, 2018

On behalf of the Weleetka & Wetumka Public School system, we extend to you and your teams a sincere invitation to participate in the 1st annual North Canadian River Relay's Track Meet. Weleetka & Wetumka will be hosting a 3A & below track meet at Okemah High School. We will be competing in an incredible new facility with an 8 lane all-weather track. The meet will be run as timed finals

Entry Fee: \$70 for each boys and girls team: \$15 per individual if less than (4) members. Make checks payable to: Weleetka or Wetumka School

Divisions: There will be (4) divisions; 7TH grade girls& boys and 8th grade girls & boys. Class 3-A and below school only based on OSSAA ADM.

Time: All teams should report to track by 9:30am for coaches meeting. Field events will start at 10:00am. Running events will begin at 10:30am.

Limitations: Each contestant is limited (4) events. Each school is limited to (3) entrants in each event. (4) Throws will be given to each contestant in the shot and discus and (4) jumps in the long jump.(No team camps will be Allowed Infield.)

Awards: Trophies will be awarded to 1st and 2nd place teams in both divisions. Medals will be awarded to the 1st- 3rd place finishers in all events.

Scoring: Awarded to 1st -6th places, 10-8-6-4-2-1 for individuals, relays will be double.

Equipment: ¼", or shorter, spikes are required. No spikes worn on football field.

OSSAA RULES APPLY

Please feel free to contact us with any questions.

Weleetka Athletic Director
Tony Hawkins
School (405)786-2203
(Cell) (918)-944-0076

Wetumka Athletic Director
Brent McGee
School (405)452-5150
(Cell) (405)-380-4971

Weleetka Track Coach
Rodney Bencoma
School (405)786-2203
(Cell) (918)-319-0057

Wetumka Track Coach
Larry Crenshaw
School (405)452-5150
(Cell) (918)-697-0147

North Canadian River
Invitational Track Meet
Okemah High School
Tuesday April 17th, 2018
Order of Events

Running Events
Begin at 10:30am

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

Field Events
Begin at 10:00am

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