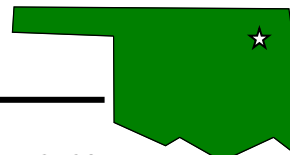




Inola Middle School



P.O. Box 819 803 East Commercial Inola, OK 74036-0819 FAX 918-543-6268

Jeff Unrau- Middle School Principal

Patrick Mullen- Assistant Principal

Kim Mizera

Secretary

543-2434

Amanda Bullard

Secretary

543-3105

Jamee Combs

Counselor

543-3103

Inola Middle School Invitational Track Meet

Tuesday, April 9, 2019

Time:

Coaches meeting - 9 am;

Field events - 9:30 am; Running events - 10 am

Divisions:

7th Girls, 7th Boys, 8th Girls, 8th Boys (All Timed Finals)

This is a "ROSTER ENTRY" meet. Schools planning to attend must submit their entries on www.enduroussa.com. **The ENTRY DEADLINE for this meet is 5:00pm the day before the meet.** Teams will NOT be added at the meet.

Medals:

1st through 5th place on individual events.

Relays - 1st through 3rd place. (No team trophies but points will be kept.)

Entry Fee:

\$75.00 per Team / \$12.00 per Individual (1-3 athletes)

Please mail entry prior to the meet OR BRING THE DAY OF THE MEET. No refunds.

Please make checks payable to:

Inola Public Schools

P.O. Box 819

Inola, OK 74036

Attention: Coach Andrews

Limitations:

Each school is limited to one (1) relay team per event.

Each school is limited to three (3) competitors per event.

Each contestant is limited to four (4) events, including relays & field events.

Starting blocks will be provided for all contestants.

¼" spikes or shorter are required.

NO team camps on the infield please.

Lunch Break:

Lunch will be provided for coaches & workers.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Coach Kanella Andrews - 918-636-2444

Coach Travis Bryant - 918-520-4809

Inola MS Invitational Track Meet



Order of Events

Coaches Meeting 9 am

Running Events ó Begin at 10 am

****Unless noted the order will be 7G, 8G, 7B, 8B***

1. 400 M Relay

2. 3200 M Relay

3. 100 M Hurdles - Girls

4. 110 M Hurdles - Boys

5. 800 M Relay

6. 800 M Run

7. 100 M Dash

****BREAK****

8. 400 M Dash

9. 300 M Hurdles

10. 200 M Dash

11. 1600 M Run

12. 1600 M Relay

Field Events – Begin at 9:30 am

High Jump: 7B, 8B, 7G, 8G

Long Jump: 8G, 7G, 8B, 7B

Shot Put: 8B, 8G, 7B, 7G

Discus: 7G, 7B, 8G, 8B

Pole Vault: G-B

Just a reminder: OSSAA rules apply. Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay.

All implements must be marked with appropriate weights.